



## **XTREME POWERLIFTING COALITION RULES OF COMPETITION AND CONDUCT**

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***President & Founder: Dan Dague***

### **Xtreme Powerlifting Coalition (XPC) Command Chain**

The XPC **President** has the power to supplement or change the rules in this Rulebook if situations arise and are undefined in this Rule Book. He will make final judgments should the **Coalition Council Members** be unable to settle a discrepancy. The **Coalition Council Members** have the final decision in all discrepancies. They are the governing body for the XPC. The **Coalition Council Members** are responsible for testing new referees and designating **Referee Status** see REFEREE section. The **Meet Director** is responsible for the general flow of the competition, selection of referees and other meet staff. The meet director is also included in any consultation regarding a discrepancy during the competition. The meet director is also responsible for sending meet results to the records custodian and to Powerlifting U.S.A.

### **INSURANCE AND LIABILITY**

The XPC and its sponsors do not provide accident, medical or liability insurance for lifters, spectators, or officials at its meets or organized training sessions. It is the sole responsibility of the meet directors to secure said insurance. The XPC, its employees, contractors, subcontractors, heirs and assigns assume no liability for any injury, loss, damage or death which may result before, during, or after a meet.

### **RECOGNIZED DIVISIONS AND CLASSES**

1. The Xtreme Powerlifting Coalition (XPC) recognizes the following lifts:

#### **A. Lifts and Sequence**

- a. Squat
- b. Bench Press
- c. Bench Press Only
- d. Deadlift
- e. Total

The **total score** for each lifter is derived by adding the three heaviest lifts (squat, bench and deadlift) successfully completed and passed by the authorized judges.

The three lifts should follow the above sequence during competitions conducted under XPC rules.

**B. Sanctioned Validity for Competition and Lifts**

The XPC recognizes as valid only those lifts and/or totals performed in accordance with XPC rules at an officially sanctioned event.

**2. The XPC recognizes and registers XPC World records within the following categories:**

**Pro, Elite, Expert, Novice:** Anyone who has qualifies under XPC rules and standards.

**3. The XPC recognizes and registers XPC World records within the following Equipment Division:**

**Multi-ply division only.**

**4. The XPC Qualifying Rankings:**

<b><u>Pro Qualifying Totals (Men):</u></b>	<b><u>Weight Class</u></b>	<b><u>Pounds</u></b>
	114	1200
	123	1300
	132	1400
	148	1650
	165	1750
	181	1810
	198	1925
	220	2100
	242	2200
	275	2300
	308	2400
	SHW	2500

<b><u>Elite Qualifying Totals (Men):</u></b>	<b><u>Weight Class</u></b>	<b><u>Pounds</u></b>
	114	1135
	123	1260
	132	1350
	148	1500
	165	1630

181	1740
198	1830
220	1925
242	1990
275	2050
308	2090
SHW	2135

<u>Expert Qualifying Totals (Men):</u>	<u>Weight Class</u>	<u>Pounds</u>
	114	1080
	123	1150
	132	1250
	148	1380
	165	1500
	181	1610
	198	1695
	220	1780
	242	1840
	275	1890
	308	1925
	SHW	1955

**ANY TOTALS BELOW THE ABOVE LISTED TOTALS, WILL BE CONSIDERED NOVICE.**

<u>Bench Only Pro Totals (Men):</u>	<u>Weight Class</u>	<u>Pounds</u>
	148	500
	165	550
	181	600
	198	650
	220	700
	242	725
	275	750
	308	775
	SHW	800

<u>Bench Only Elite Totals (Men):</u>	<u>Weight Class</u>	<u>Pounds</u>
	148	400
	165	450
	181	475
	198	500
	220	525
	242	575
	275	600
	308	650
	SHW	675

**ANY TOTALS BELOW THE ABOVE LISTED TOTALS, WILL BE CONSIDERED NOVICE.**

<b><u>Pro Qualifying Totals (Women):</u></b>	<b><u>Weight Class</u></b>	<b><u>Pounds</u></b>
	097	748
	105	805
	114	869
	123	964
	132	1007
	148	1072
	165	1181
	181	1296
	198	1321
	SHW	1449

<b><u>Elite Qualifying Totals (Women):</u></b>	<b><u>Weight Class</u></b>	<b><u>Pounds</u></b>
	097	680
	105	732
	114	790
	123	857
	132	895
	148	953
	165	1027
	181	1092
	198	1149
	SHW	1260

<b><u>Expert Qualifying Totals (Women):</u></b>	<b><u>Weight Class</u></b>	<b><u>Pounds</u></b>
	097	652
	105	680
	114	725
	123	830
	132	855
	148	920
	165	990
	181	1065
	198	1095
	SHW	1205

**ANY TOTALS BELOW THE ABOVE LISTED TOTALS, WILL BE CONSIDERED NOVICE.**

<b><u>Bench Only Pro Totals (Women):</u></b>	<b><u>Weight Class</u></b>	<b><u>Pounds</u></b>
	097	
	105	
	114	
	123	
	132	

148  
165  
181  
198  
SHW

<u>Bench Only Elite Totals (Women):</u>	<u>Weight Class</u>	<u>Pounds</u>
	097	
	105	
	114	
	123	
	132	
	148	
	165	
	181	
	198	
	SHW	

**ANY TOTALS BELOW THE ABOVE LISTED TOTALS, WILL BE CONSIDERED NOVICE.**

**FORMULA USED TO SCORE BEST LIFTERS COMPETITIONS**

The official formula utilized to determine overall best lifter awards at any XPC sanctioned competition shall be the Schwartz Formula for men and the Malone Formula for women. The Schwartz Master's Formula may be used to designate best lifters for lifters 40 years of age and older.

**Composition of a Team**

Each registered XPC Team may submit a minimum of three (3) and a maximum of twelve (12) lifters to be in contention for team points. These lifters can be spread throughout the range of weight classes for men and women, not to be more than two (2) competitors in any particular weight class. Each team will be allowed a maximum of three (3) alternates or reserve lifters. All team rosters must be in the hands of the meet director or the person who is in charge of the scorer's table one-half hour prior to the beginning of the competition.

**Team Points Scoring**

Point scoring shall be as follows for the first five places: 10, 5, 3, 2, and 1. Team awards will be given to the top one (1) to three (3) teams, with the team with the most first places getting the nod over the other teams. If both teams have an equal number of first places, then the most second, third, fourth, and so on, will determine the winner. Team awards will be presented to the top three (3) teams at all National and International meets.

**Team Awards**

A minimum of one (1) award must be presented at each meet. Up to three places, however, may be awarded upon the meet director's discretion.

## WEIGHING IN

### 1. XPC 24-Hour Rule

The 24-hour weigh-in rule, allows the first weigh-in session to begin 24 hours prior to the start time of the competition. Multiple weigh-in sessions allow each lifter an opportunity to weigh-in 24 hours in advance of the day they will be lifting. Weigh-in sessions may be of any duration, and be broken up into several sessions at the discretion of the meet director. Weigh-in times must be specified on the entry forms. This rule is mandatory for any State, National or World Championship competition and optional other competitions.

### 2. Weigh-In Procedures

1. If in an age category, they must present proof of age and date of birth with a driver's license or birth certificate.
2. Lifters may be weighed in the nude, underwear or lightly clothed at the discretion of the lifter.
3. If the scale is placed in a private, enclosed area with the scale readout located outside the private area ensuring the athlete's privacy, the athlete can be weighed in by any meet officials or appointed representatives.
4. If the scale and read out are not able to be separated than an official of the same sex as the athlete will be required to record the weight of the athlete.
5. If a lifter enters a certain weight class, steps on the scales and officially makes weight within the upper and lower limits of that class, they may NOT be re-weighed to make another weight class.
6. If a lifter does not weigh in within the limits of the weight class entered, the lifter has the option to accept the weight class they weigh for or try to loose the amount of weight required to meet the limits.
7. A lifter has until the end of the final weigh-in prior to the start of lifting on the day they compete to attempt to make their registered weight class if they were unsuccessful during previous weigh sessions.

### Recording Weigh-In Information

*The weigh-in information may be entered directly to the lifters attempt card which must include the following information:*

- a. Lifter's name.
- b. Lifter's age.
- c. Weight class, division entered and subdivision/s.
- d. Lifter's actual body weight.
- e. Opening attempts.
- f. Rack height (when applicable).

### In case of Lifter's Weight Tie

If two lifters weigh the same at weigh-in and eventually tie in their totals, they shall be re-weighed. The lifter weighing the lightest shall take first place and the heavier lifter second place. If they still weigh the same after the re-weigh, both lifters shall share first place and the person who would have regularly placed

third will still be third and so on. If two lifters tie for first place, team scoring is computed by adding the first and second place points and dividing them equally.

## **PRIOR TO COMPETITION**

### **1. Weight System**

1. For all meets conducted in the United States, the plates used are to be in Pounds. International meets may use kilogram plates.
2. Lifter weights and plate weights are to be taken with a verified calibrated scale.
3. A plate's weight tolerance of up to 1% is acceptable.
4. Lifter will be weighed in in the same weight system as the plates.

### **2. Weigh-Ins**

1. All lifters must be weighed in prior to the start of the competition.
2. Failure to be weighed in may result in exclusion in competition and forfeiture of entry.
3. For complete information on the conduct of Weigh-ins see the WEIGH-IN section of the rules.

### **3. Rules Clinic**

1. The rules briefing shall begin as early as one (1) hour prior, but no later than 1/2 hour prior to the commencement of the competition.
2. **Competitors will be briefed of the rules meeting regarding attire and equipment; performance of lifts; the progression of the competition and lifter conduct.**
3. It is the responsibility of the lifter to know the rules as provided in the rule book, however revisions and additional rules may be applicable and will be shared at that rules briefing. Disqualifications due to items disclosed during the rules briefing that are not published are not subject for review.
4. It is the responsibility of the lifter to attend the rules meeting in order to ask for questions for any rule clarification.

### **4. Flights**

1. The flights will be determined for the best flow of the meet. If there is direct competition in a division the lifters should be kept in the same flight unless the disparity between the opening lifts puts one competitor at much greater advantage.
2. Depending on the number, division and event mix of lifters, lifters may not always be in the same flights with the exact same lifters.
3. All flights and lifter's opening attempts will be posted when the competition days' morning weigh-ins are finished.
4. Lifters will need to review these sheets to
  5. make sure their opening weight is correctly listed,
  6. know during which flight they are lifting,
  7. ensure that any prearranged flight assignments have been met.
8. Opening attempts received during weigh-ins will determine the flights, these opening attempts may be changed up until the start of the flight.

### **5. Warm-ups**

1. An area will be designated by the meet director and have the necessary equipment to facilitate the lifters warm ups (see MEET EQUIPMENT AND SPECIFICATIONS section for the equipment required in the warm up area).
2. The warm up area is to be occupied only by lifters and coaches directly assisting the warming up athletes. Those who are not using the equipment in the warm up area should be respectfully mindful of

those athletes who are in the process of warming up.

3. All of the equipment in the warm up areas must be made accessible to any athlete who is warming up.
4. Absolutely no unattended children or non-essential persons are to be in the warm-up area.
5. Absolutely no one who is not a registered competitor may lift on the equipment in the warm up area or platform.
6. Lifters are allowed to warm-up on the competition platform when necessary to expedite warming up for local and state meets. However, no lifter is allowed to warm up on the platform during the World and National competitions. Lifters may approach the platform equipment for rack heights and go through the lift motions with an unloaded bar to note any deviation from equipment the lifter is accustomed to.

## COMMENCEMENT OF COMPETITION

### 1. The Round System will be used at all RPS meets.

1. The lifters are divided in flights. Each flight will take their three attempts in the event before proceeding to the next flight's first attempts.
2. All lifts of each event will be taken before another event is started except for when sessions have been planned to divide the day into multiple groups of events.
3. The lifter attempting the lightest weight is first.
4. The bar weight will not be reduced in weight until the next round of attempts is taken.
5. The order of the lifts for the subsequent attempts may not be the same as the first attempts as the lifters will be ordered by the ascending weight of the bar.
6. It is the responsibility of the lifter or their coach to observe the progressive loading of the bar and listen for the announcement of the lifter to be ready for their attempt.

### 2. Announcement of Lifters and Their Attempts

1. The announcer will announce the start of the meet after it has been cleared with the meet director that the lifters are ready.
2. The meet announcer will announce the weight the bar is to be loaded to, and indicate a rack height if applicable, for each lifter prior to their lift.
3. The announcement of the current lifter must be followed by the announcement of at minimum the next two lifters in order, and optimally the next three lifters.
4. Standard practice for announcing lifters will be Load the bar to x weight for current lifter, the next lifter is "On Deck", the 2<sup>nd</sup> lifter to follow is "In the Hole", and the 3<sup>rd</sup> lifter to follow is "4<sup>th</sup> Out"
5. If known the attempt should be announced as a World, National or State record.
6. Additional information regarding the lifter may be announced but only after the Weight to be attempted (utilized by the loaders) is announced and the list of following lifters.

### 3. Approaching the Platform

1. It is the lifters responsibility to be prepared for their attempt.
2. The lifter may approach the platform as soon as the preceding lifter has exited the platform, however the lifter may also wait until the bar has been loaded to enter the platform area.
3. The lifter will be granted one (1) minute from the time the bar is announced "loaded" to initiate their attempt. Failure to do so within that time period may result in forfeiture of that attempt due to being "timed-out".
4. Should the lifter know they will fail to be able to reach the platform in time due to equipment adjusts/difficulties, notification to the platform crew or scoring table by anyone prior to being timed out of the delay may grant the reprieve attempt forfeiture.
5. Failure to report the platform for any attempt will result in the forfeiture of that lift and the lifter will

be removed from the flight for any further attempts and be considered “out of meet.”

6. Upon completion of a lift, the lifter has 30 seconds to leave the platform if capable of leaving the platform without assistance. Failure to comply after being warned will result in disqualification of the lift.
7. If for any reason a lifter must follow himself/herself, the lifter will be granted a stated period of time by the executive in charge of no less than three (3) minutes and no more than eight (8) minutes. For world record purposes on fourth attempts, the last five (5) lifters in the flight will be granted the same privileges as those "following themselves." Should another flight be scheduled to follow a flight with World Record 4th attempts, the meet director may choose to incorporate the 4th attempts into the following flight.

#### **4. Submitting Next Attempts**

1. After each attempt, the lifter will have two (2) minutes to submit their next attempt to the expeditor or the scoring table.
2. Opening attempts may be changed up until the start of that lifter’s flight. Second attempts may not be changed after the deliverer of that attempt leaves the vicinity of the scoring table. Third attempts may be changed up to two times prior to the lifter being announced in the 4<sup>th</sup> out position.
3. In the event a lift is no good, the lifter or coach may still supply to the scoring table that they are repeating the weight.
4. Failure to submit the next attempt in a timely manner will result in a no lift being retaken and a good lift increased by 5 lbs.
5. If an injury occurs or a lifter decides not to continue with attempts the lifter or their coach must notify the scoring table that the lifter will not be continuing even if it appears apparent that the lifter will not be continuing.
6. Fourth attempts may be taken only for purposes of setting World records. It is at the discretion of the meet director when considering time constraints whether to allow record fourth attempts for state or national records. Fourth attempts may not be applied to the total or be considered as an attempt within a competition.

#### **5. Minimum Weight Increases Between Successful Attempts**

1. In XPC recognized competitions, the weight of the barbell must always be a multiple of 5 lbs. (2.5 kg).
  - a. *Exception to this Rule:*
2. XPC records can be broken by a minimum of 2.5 lbs. in excess of the current record. This record attempt must be taken in normal sequence of increasing weight during the competition, not at the completion of lifting. **All-Time Records can be broken by a minimum of 1.1 lbs.**

#### **6. Loading Errors or Incorrect Announcements by Speaker**

1. 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 weight originally requested. If the lifter chooses to re-take the attempt, they will be placed in rotation at the end of the round.
2. If the bar is loaded to a heavier weight than originally requested and the attempt is successful, the lifter will be credited with the attempt. However, the weight may be reduced again if required by other lifters. If the attempt is not successful, the lifter will be granted another attempt at the original weight at the end of the round.
3. If the loading is not equal on each side, or if any changes occur on the bar or discs during the lift and the lift is not successful, the lifter will be granted another attempt at the original weight requested. If the announcer fails to announce a lifter at the appropriate weight, then the weight on the bar shall be reduced as necessary and the lifter will be allowed to take the attempt.

## 7. General Rules and Reasons for Disqualification

1. Three unsuccessful attempts in any lift will automatically eliminate a lifter from receiving a record in their entered events. If a lifter sets a record in one of the other lifts prior to being eliminated, those records will be forfeited. The lifter will be given the opportunity to continue competing in any remaining events if so desired but is no longer eligible for records or consideration for best lifter.
2. Upon completion of a lift, the lifter has 30 seconds to leave the platform. Failure to comply after being warned will result in disqualification of the lift.
3. If a lifter suffers an injury, the official doctor will examine the injury. If the doctor considers it inadvisable to continue, the lifter must retire from the competition. If no doctor is present, the referees or meet director will determine if the lifter can continue.
4. Any lifter or coach who by reason of misconduct on or near the competition platform is likely to discredit the sport shall receive one official warning. If the misconduct continues, the referees will disqualify the lifter and order the coach to leave the venue. This rule applies even if it is the lifter's last lift of the day at a competition. Any lifter who strikes an official or any other individual at a competition will be permanently banned from all XPC competition. Any lifter who causes a disruption that seriously interferes with efficient operation of a competition, or interferes with lifters preparing for a lift will be suspended from competition for a period determined by the XPC President with consideration of the Coalition Council Members.
5. Any certified XPC referee who through their actions is obviously showing favoritism or bias towards a lifter will be permanently suspended as an XPC referee.
6. If a lifter assaults an official, competitor or spectator, the meet director is justly right in contacting authorities to safely have the individual removed from the event and charges pressed. The meet director must also notify the XPC in writing within three days of the incident. A written complaint should include the name/s and the lifter/s involved.

## 8. Ramifications of "Cheating"

If it is determined that a lifter has "artificially" shortened the path needed to perform a lift or changed the shape of their anatomy by using foreign objects under or inside his allowed apparel they will suffer the following consequences:

1. If the lifter is competing in a Standard Sanctioned event, the lifter will be immediately removed from the competition; all lifts will be voided and the lifter will be suspended for a period of 1 year.

If the lifter is competing as a Pro or in a Pro/Am event where prize money is awarded, in addition to being removed from competition and lifts being voided, Lifter WILL BE SUSPENDED FOR LIFE.

## **THE RULES OF PERFORMANCE OF THE POWER LIFTS**

### **A. Rules of the Squat**

1. Facing the front of the platform, the lifter must assume an upright position with the top of the bar not more than six (6) cm. or two (2) in. below the top of the anterior deltoids. The bar should be held horizontally across the shoulders with the hands and/or fingers gripping the bar. The lifter shall not hold the collars, sleeves, or plates at anytime during the performance of the lift. The edge of the hands gripping the bar, however, may come in contact with the inner surface of the collar.
2. Should the set up of the bar or footing be incorrect the lifter has the opportunity to re-rack the weight and prepare again for the start of the lift. This may be done twice before the attempt is waived.

3. With the hooks of the rack are removed or after the lifter has stepped back from the rack, the lifter must establish their start position with knees locked. Once Head referee deems that the lifter has shown control of the bar, a verbal “Squat” command will be given. The lifter may commence the lift at their will.
4. The lifter must bend the knees and lower the body until the top of the thigh at the hip, NOT the hip joint, is lower than the top of the kneecap. Locking and unlocking of the knees after the squat command is not defined as a descent. Any reverse of direction during downward descent is considered an attempt. Only one descent per attempt is allowed.
5. The lifter must recover at will, from the deepest point of the squat, without double bouncing or any downward movement (stopping is allowed) to an upright position with the knees locked.
6. When the lifter demonstrates control after the returning to an upright position with the knees locked, the referee will give the signal to replace the bar on the rack. The signal to replace the bar will consist of a backward motion of the hand and an audible command “RACK”. If the lifter loses their footing and drops the weight after receiving the rack signal they will be granted the attempt. If the lifter deliberately drops or dumps the bar at any time during the lift the lifter will be disqualified from the competition.

### **Causes for Disqualification during the Squat**

1. Failure to observe the center referee's signals at the start and at the completion of the lift.
2. Holding the collars, sleeves, or plates at anytime during the performance of the lift.
3. Failure to assume an upright position with the knees locked at the start and completion of the lift.
4. Reversing the of direction during downward descent and then continuing the descent, double bouncing or more than one recovery attempt at the bottom of the lift, or any downward movement once the ascent from the bottom of the lifts begins.
5. Failure to lower the body until the surface of the thigh at the hip is lower than the top of the kneecap.
6. Contact with the bar by the lifter’s spotters between the beginning of the descent and the referee's signal, except where a lifter's safety is concerned.
7. Contact with the lifter by the lifter’s back spotter between the beginning of the descent and the referee's signal, except where a lifter's safety is concerned.
8. Contact of the elbows or upper arms with the legs.
9. Failure to make a bona fide effort to return the bar to the racks.
10. Intentionally dropping or dumping the bar.

### **B. Rules of the Bench Press**

1. The lifter assumes a starting position on their back with upper body s and buttocks in contact with the

flat bench surface. Head movement is allowed including turning or raising the head. The buttocks must remain in contact with the flat bench surface during the entire range of motion. The feet must be on the floor and may move in any direction without penalty, but may not lose contact with the floor.

2. To achieve firm footing, the lifter may use plates or blocks (not exceeding 45 cm. x 45 cm.) to build up the surface of the platform. However, some part of the foot must remain in contact with the surface.
3. The spacing of the hands shall not exceed 81 cm. (or 32 inches), measured between the forefingers. A reverse grip is permissible, providing the distance between the little fingers does not exceed 81 cm. A false/thumbless grip is permissible, providing the distance between the forefingers does not exceed 81 cm.
4. Should the lifter choose to use a false/thumbless grip the lifter assumes all responsibility of any liability to him/herself or anyone on the platform as a result of using this grip. If the lifter cannot show safe control of the bar with a false/thumbless grip, they will be notified by any platform judge to change grip for any remaining attempts. If the lifter refuses to change grip from a false/thumbless grip to standard or reverse grip, they will forfeit any remaining attempts.
5. The lifter may enlist the help of the spotter/loaders in removing the bar from the racks. The lift-off must be released at arms length and NOT while moving down to the chest. If the lifter so wishes, he may utilize his own hand-off person. Once letting go of the bar the hand-off person must position themselves to allow the head judge to be able to see the lifter in order to give the lift commands.
6. After receiving the bar at arms length the lifter must show locked control of the lift to receive the head judge's verbal "Bench" command to commence the lift. Once the command is given the lifter, at will, shall lower the bar to his chest in a controlled manner and await the referee's command. Any reverse of direction during downward descent is considered an attempt.
7. The vocal command of "PRESS" is given when the center of the bar touches the torso in a controlled manner.
8. After the command to resume the lift is given, the bar is pressed upward. During the ascent, the bar may stop in its upward motion, but is not allowed any downward movement. The bar is also allowed to extend unevenly (no more than 5 inches), but arms must extend to a locked-out position simultaneously and evenly at the completion of the lift. Once the bar is returned to straight arms length with elbows locked held under control the verbal "RACK" command is given by the head judge. The spotters will assist in returning the bar to the rack.

### **Causes for Disqualification for the Bench Press**

1. Failure to observe any of the three referee's commands during the lift.
  - A. Failure to wait or get the Bench Command may be deemed a "**Soft Start**" defined as follows:
    1. Lifter fails to start with arms in fully "Locked" position prior to lowering bar to torso.
    2. Lifter commences the lift with his handoff person's hands still on the bar.
    3. Lifter's handoff person assists in lowering the bar into a more advantageous starting position thus bypassing the "Locked" starting position.

Upon the center referee witnessing a lifter committing one of these infractions, the Referee will “wave off” the lift, instruct the spotter to “take the bar,” and inform the scoring table of a “soft start” infraction. The attempt will be forfeited and the lifter can continue if they have any attempts remaining.

2. Raising the buttocks from the bench press surface or raising the foot completely off the floor.
3. Contact of the lifter's feet with any part of the bench during the lift.
4. Downward movement by either hand once the "PRESS" command is given. This includes sinking, heaving or bouncing the bar off the chest.
5. Any uneven extension of the bar at the completion of the lift. An exception to this is if the lifter has provided documentation or demonstration a legitimate physical defect to the meet director and referees prior to the lift.
6. The bar may make incidental contact with the bench uprights and still be considered a good lift, however, deliberate use of the uprights for leverage is disallowed.
7. Lifting of the bar by the spotter/loaders between the referee's PRESS and RACK signals.
8. It is the responsibility of the lifter to inform his hand-off person to clear the bench area in front of the referee. Failure to do so may be cause for disqualification of the lift.

### **C. Rules of the Dead Lift**

1. Facing the front of the platform, the lifter grasps the bar laid horizontally at their feet with an optional grip in both hands and lifts upward in one movement until the lifter is standing erect. The bar is allowed to stop, but no downward movement is allowed. There is no start command for the deadlift.
2. Upon completion of the lift, the lifter shall be standing erect with hips and knees locked. The shoulders must be square and are not required to be thrust back past the erect position. If they are thrust back and all other criteria is acceptable, the lift will be considered good.
3. The lifter shall stay in this erect position with shoulders back and hips and knees locked until the center referee's signal consisting of a downward motion of the hand and the verbal command "DOWN". The signal will not be given until the bar is held under control and the lifter is in the finished position. The “DOWN” command will be given regardless if the lift is good or not; or prior to the completion of the lock out if an obvious infraction has been committed in an effort to save the energy of the lifter for any remaining attempts.
4. Any raising of the bar or deliberate bona fide attempt to break contact between the floor and the weights will be considered an attempt.

### **Causes for Disqualification for the Deadlift**

1. Any downward movement of the bar during the upward movement during the lift.

2. Failure to stand erect with the shoulder and hips in an erect position.
3. Failure to lock the knee straight at the completion of the lift.
4. Supporting the bar on the thighs during the performance of the lift.
5. Lowering the bar before receiving the center referee's signal.
6. Allowing the bar to return to the platform without maintaining control with both hands or deliberately dropping the bar after the referee's signal.

### GENERAL RULES DURING LIFTS

1. The lifter may utilize their own rear and side spotters for the squat if requested. If the lifter's own spotter/s interfere with the judges' ability to see the lift being performed and accurately judge the lift, the lift will be disqualified. If the spotter/s at fault for impeding the judges' view are part of the **platform personnel, the benefit of the lifter. However if the attempt is for an All-Time World Record the lifter will be given another attempt.**
2. Incidental contact with the bar or lifter by the platform personnel during the lift is not deemed a disqualification. If the spotters end an attempt prior to notification by a referee, lifter themselves or lifter's coach, the lifter will be given another attempt.

### PERSONAL EQUIPMENT

**All lifters are required to wear a one-piece suit (singlet, onesie).** Exceptions to wearing the singlet may be accommodated on a case-by-case basis due to the special need or physical restriction of individual lifters. An non-compressive undergarment may be worn to extend the length of leg covered by fabric. The length of the leg of the singlet or undergarment may not cover the knee.

\*\*\*A referee MUST do a visual inspection of the lifter's uniform, attire and equipment, etc. after a successful world record attempt is made. The referee must check the lifter's equipment on the platform immediately following the lift. If the lifter is wearing illegal attire, the record will not count and the attempt will be disqualified.

Lifters may be subject to random equipment checks as well as speculative equipment checks performed by any authorized RPS Committee Members or Referees.

### For "Geared" Lifting

#### 1. SQUAT SUIT

Squat suit leg may not exceed six (6) inches from the middle of the crotch to the knee when worn. Squat briefs are allowed and are limited to the same number of plies as the squat suit. The squat suit qualifies as the one-piece lifting suit during the event.

SINGLE PLY – one knit or woven layers is allowed. All single ply equipment will be inspected and tagged at weigh-in and checked again on the platform in the event of a record.

AMATEUR DIVISION – a maximum of two (2) sewn layers is allowed.

PROFESSIONAL DIVISION – any number of sewn layers is allowed. There is no restriction on the thickness or type of material as long as it is one suit.

## 2. **BENCH SHIRTS**

SINGLE PLY – one knit or woven layers is allowed. All single ply equipment will be inspected and tagged at weigh-in and checked again on the platform in the event of a record.

AMATEUR DIVISION – a maximum of two (2) sewn layers is allowed.

PROFESSIONAL DIVISION – any number of sewn layers is allowed as long as it is constructed as one shirt. There is no restriction on the thickness or type of material as long as it is one suit.

Sleeves must be pulled up and must rest above the elbow and expose the entire joint. A lifter is not permitted to wear multiple shirts in an attempt to gain an unfair advantage. Bench shirts will be permitted only 1 collar or “Superneck”. A shirt that has more than 1 collar or “Superneck” will be deemed illegal. Bench shirts cannot have any sewn banding that runs along or around the sleeve mimicking a harness. Shirts demonstrating such alterations will be deemed “illegal” and lifter will not be permitted to wear the garment.

Sleeves can be bunched up, but no extra material can be sewn onto the sleeve itself. Referees have the authority to ask a competitor to change bench shirts if they deem it unsafe or the lifter demonstrates an inability to control the lift due to their equipment. Lifters are not permitted to place an object beneath their bench shirt in an effort to artificially shorten their bench stroke.

Women are permitted to wear a sports bra and/or tank top under their equipment. Men may only wear a tank top with straps not to exceed 3 inches under their shirts with the exception of when extremely hot weather is present and excessive sweating would prevent a lifter from obtaining a proper base. Permission can be granted by either a Senior Referee or Member of the Executive Committee for a lifter to wear a t-shirt covering the complete shoulder.

**If any Bench shirt model has been deemed to contain illegal modifications or circumvent the spirit of fair play, a master list of “Banned” equipment will be made available to the general membership.**

The Bench shirt MUST be worn INSIDE the singlet not outside. See Belt section on buckle visibility during the bench.

## 3. A Belt may be worn by a competitor at their discretion.

SQUAT and DEADLIFT – A lifter may wear their belt either on the inside or outside of their suit, with the buckle in any position.

BENCH PRESS - 3 methods are acceptable

1. Outside of lifters singlet.

2. Inside of singlet with the front of singlet cut from the neckline to the belt buckle to allow judges can see the belt buckle.

3. Inside of singlet with a hole is cut in the singlet to allow the buckle to be exposed.

Maximum width of the belt is not to exceed 4 ½ inches. Thickness of the belt may not exceed 1/2 inch. Material construction of the belt or closure type is not restricted.

## 4. **Wrist wraps** cannot exceed 48 inches long or 3 inches wide. A wrist wrap may come in contact with the

palm, but cannot overlap it coming in direct contact with the bar. Only one wrap is permitted per wrist. Thumb loops on wrist wraps must be removed from any finger before executing the lift. "Casting" where wrapped past mid-forearm to "mimic" a hard cast is not permitted.

5. **Knee wraps** shall not exceed three (3) meters in length or three (3) inches in width. A single layer knee sleeve can be worn, but wraps and sleeves may not be combined. Knee wraps must be secured by using the "cinch" method. Securing knee wrap with Velcro is not acceptable. Knee wraps may not touch the socks or the lifting suit when upright. Contact is allowed during the execution of the lift. No objects are allowed under the single knee wraps.
6. **Footwear is optional** during all lifts. Cleated or spiked shoes are not permitted. **Socks** may not overlap the knee or not touch the knee wrap in an upright position. Contact is allowed during the execution of the lift. Full leg coverings are not permitted during competition.
7. **T-shirts** – Shirts with sleeves that end above the elbow or no sleeves may be worn. Shirts may be decorated with any design or logo provided it is not obscene or profane.
8. **Elbow Sleeves** - Single layer elbow sleeves are permitted during the squat and deadlift, *but not in the bench press*.

### For "RAW" Lifting

1. **Squat and dead lift equipment is limited** to belt, wrist wraps. Elbow sleeves are permitted in both Classic and Modern Divisions.

Raw Classic - may wear neoprene or elastic knee sleeves during warm-ups and in between official attempts. But once summoned to the platform, the sleeves must be pulled down onto competitors shin and calf. Knee wraps are not permitted, if knee wraps are to be worn, the Raw Modern division applies.

Raw Modern – may use knee wraps. **Knee wraps** shall not exceed three (3) meters in length or three (3) inches in width. A single layer knee sleeve can be worn, but wraps and sleeves may not be combined.

Knee wraps must be secured by using the "cinch" method. Securing knee wrap with Velcro is not acceptable. Knee wraps may not touch the socks or the lifting suit when upright. Contact is allowed during the execution of the lift. No objects are allowed under the single knee wraps.

2. **Bench equipment is limited** to belt, wrist wraps. No support may be worn on the elbows or chest.
3. **Belt** maximum width is not to exceed 4 ½ inches. Thickness of the belt may not exceed 1/2 inch. Material construction of the belt or closure type is not restricted.
4. **Wrist wraps** cannot exceed 48 inches long or 3 inches wide. A wrist wrap may come in contact with the palm, but cannot overlap it coming in direct contact with the bar. Only one wrap is permitted per wrist. Thumb loops on wrist wraps must be removed from any finger before executing the lift. "Casting" where wrapped past mid-forearm to "mimic" a hard cast is not permitted.
5. **Footwear is optional** during all lifts. Cleated or spiked shoes are not permitted. **Socks** may not overlap the knee or not touch the knee wrap in an upright position. Contact is allowed during the execution of the lift. Full leg coverings are not permitted during competition.

6. **T-shirts** – Shirts with sleeves that end above the elbow or no sleeves may be worn. Shirts may be decorated with any design or logo provided it is not obscene or profane.
7. **Elbow Sleeves** - Single layer elbow sleeves are permitted during the squat and deadlift, *but not in the bench press.*

## GENERAL RULES

1. No foreign substance may be applied to the platform or equipment.
2. *The use of oil, grease or other lubricants on the body, suit or personal equipment is forbidden. Powder may be used including chalk, talc, resin and magnesium carbonate or baby powder (pool hall "block chalk" is also allowed).*
3. Powder shall only be applied in designated lifting areas.
4. Water may be used as lubrication for the dead lift only when provided by the meet director in a spray bottle.
5. Meet directors will provide chalk to lifters in the warm-up area and on the platform.

## MEET EQUIPMENT AND SPECIFICATIONS

### 1. **Platform**

For meets that include squatting, the lifting platform must measure a minimum of 9 feet by 12 feet. For meets that do not include squatting the platform may measure a minimum of 8 feet by 8 feet The lifting platform may be constructed with wood or rubber matting and must be covered with carpeting that provides adequate traction and minimal compression. The platform area is reserved for the referees, spotters (meet provided and lifter provided), loaders, approved personnel and the lifter. Any adjustments to the equipment on the platform or the platform itself, will be designated by the referees and/or meet director.

### 2. **Bars**

All bars must be of the Olympic type. Specifically designated squat, bench press or dead lift bars may be used. There should be a diameter machine marking on the bar should be taped to measure 81 cm or 31-7/8 inches between markings or tape. National and international competitions require the use of the Sutherland Squat Bar (or other squat specific bar) and a dead lift specific bar (no center knurling). The bars used in the warm-up area must be the same as that used on the lifting platform.

### 3. **Collars**

Collars will always be used on the platform unless the attempt is the weight of the bar. Each must weigh 2.5 kg. or 5 lbs.

### 4. **Plates**

Plates will range from 1.25 kg. through 45 kg. or in pounds 2.5 lbs. through 100 lbs. Plates .5 kg. and .25 kg. may be used for record purposes only. The heaviest plate must be loaded first facing in, with the rest of the plates loaded facing out heaviest to lightest.

### 5. **Squat Racks**

All Sanctioned State, National and International meets are required to use a Monolift-type squat rack on the competition platform and a minimum of two Monolift-type squat racks be available in the warm-up area. The utilization of safety devices to stop a dropped bar from landing on the floor, i.e. straps or chains, is mandatory! These will be utilized in the warm-up area and platform. They are not to be tampered with or removed by a lifter or handler/coach. Any lifter refusing to participate due to the safety devices being implemented, will be removed from the competition and have their entry fee reimbursed. The safety straps may be removed on the platform at the discretion of the designated spotters in the event of a lifter choosing to walk out the weight. The spotters have been instructed to only allow this for attempts not exceeding weights that they can safely spot in the event of a failed attempt or loss of bar control.

#### 6. **Bench**

All Competitions will have a minimum of two benches in the warm-up area and make available in the warm-up area the same or a satisfactory equivalent of the bar used on the competition platform. The bench must be construction for maximum stability and conform to the following dimensions:

- a. Length not less than 1.22 m. (4 feet) and shall be flat and level.
  - b. Width shall be 29-32 cm. (11.42 inches to 12.6 inches).
  - c. Height- Max height 18.75 inches measured from the floor to the top of the padded surface of the
  - d. bench without being depressed or compacted. On adjustable benches, the height of the uprights shall be a minimum of 82-100 cm. (32-1/4 to 39 inches) maximum position. On non-adjustable benches the height of the measured from the floor to the bar rest uprights must be between 87-100 cm. (34.25 inches to 39.37 inches) from the floor to the bar rest position.
  - e. Maximum width between insides of bar rests 1.10m. (3 feet – 7-1/8 inches).
7. Meet directors will provide chalk to lifters in the warm-up area and on the platform.
  8. Meet director will supply a spray bottle water to be used as lubrication for the dead lift.
  9. Meet director will supply a wire brush to remove caked in chalk from the knurling of the bars.

#### 10. **Warm Up Area**

1. All lifting bars used must be of the highest quality and be the same type of bars that are used in the warm-up area.
2. All lifting platforms must be large enough to accommodate the lifter, spotters and equipment safely. Platforms may be constructed of plywood or hard (low compression) rubber mats covered with carpeting that provides adequate traction and minimal compression.

#### 11. **Spotters/Loaders**

There shall be no more than six (8) or fewer than two (2) spotters on the platform at any time. See The SPOTTER REQUIREMENTS section of the rule book for more information on Spotters.

#### 12. **Notification of Decision on Lift by Referees**

Whenever possible a system of lights should be provided whereby the referees make known their decisions. Each referee will control a white and a red light, the white light representing a good lift and a red light denoting a declined lift. Should a light system not be available, flags of white and red or thumbs up or thumbs down may be utilized. The lights or other indicators will remain visible until the decision of the lift is announced to be recorded by the scoring table.

#### 13. **Public Address, Music and Lighting**

A suitable system of announcing the lifters and attempts must be utilized. Music may be played and light shows used as long as it does not impede the referee's ability to judge or convey the commands of the lifts. All music played must be suitable for public consumption and in good taste. Obscene and abusive music should be kept to a minimum.

#### **14. Backdrops, Projection Screens, Advertisement and Decorations on the Platform**

Advertising, decorations and displays may be placed anywhere on or around the platform that does not obstruct the view of the referee, audience, or scorer/announcer. There must not be any obstruction of the flow of lifter traffic to and from the equipment on the platform. Nothing may be placed on or near the platform that may be perceived as hazardous to the lifter, coaches, spotters, loaders, referees or any other designated personnel. If an essential item is required and is posing a hazard, all precautions must be taken to reduce the hazard, i.e. taping down carpet edges or wires.

### **CONDITIONS REQUIRED FOR SETTING XPC RECORDS**

**All-Time Records can be broken by a minimum of 1.1 lbs. (1/2 kg)**

**XPC World Records can be broken by 2.5 lbs or the next equivalent weight in kilograms.**

\*\*\*A referee MUST do a visual inspection of the lifter's uniform, attire and equipment, etc. after a successful world record attempt is made. The referee must check the lifter's equipment on the platform immediately following the lift. If the lifter is wearing illegal attire, the record will not count and the attempt will be disqualified.

Fourth attempts may only be taken for purposes of setting records. It is at the discretion of the meet director when considering time constraints whether to allow record fourth attempts in all other subdivisions. Fourth attempts may not be applied to the total or be considered as an attempt within a competition.

#### **Requirements for Registration of All-Time World Records and XPC Records**

- 1) The competition must be held under the XPC sanction.
- 2) All referees must be registered as XPC referees.
- 3) XPC World Records can be set at world, national and local meets only if a Coalition Council Member and qualified referees are present.
- 4) All Open division All-Time World Record attempts must be videotaped. If the lifter receives one red light out of three judgment lights, the videotape of the lift will be evaluated by all three judges immediately following the attempt. Upon reviewing the tape, if two of the three judges disqualify the lift, the lifter is given another attempt to successfully complete the attempt.
- 5) A lifter may only set records for the lifts in the events they are entered in at the beginning of the meet.
- 6) If the lifter competing in a full power meet sets an individual lift record, but is disqualified from the competition because they fails to make the three attempts in the other lifts, they WILL NOT retain the record they set in the individual lift. The exception is that the lifter is also entered in the single lift event

for the record lift.

- 7) No fourth attempts for records may be included in the total within the competition. They qualify for records only whether a squat, bench, dead lift or total.
- 8) All weights must weigh within 1% of their face value determined by certified scales.
- 9) Lifter's body weight may not exceed the limits of next weight class above their weigh-in weight.\*\*\*

## REFEREES

### 1. Designation of Platform Referees

There are three platform referees: the center referee and two side referees.

### 2. Referee Qualifications

International and National Referees must have a minimum of 5 years competitive experience in powerlifting. State and Local Referees should have a suggested minimum of 3 years of competitive experience in powerlifting but may be selected to officiate if capable of demonstrating proper lifting and consistently identifying criteria to ensure fair judgment. Referees must pass the practical tests administered under a senior member of the competition board.

### 3. Duties of the Center Referee

The center referee is responsible for giving the necessary signals for all three lifts. The center referee may disqualify a squat for depth **ONLY** if the depth achieved by the lifter is flagrantly **high**.

### 4. Positioning of the Platform Referees During a Lift

Side referees may seat themselves in what they consider to be the best viewing positions around the platform for each of the three lifts. The center referee is located in the center of the platform only.

### 5. Specific Areas of Responsibility of Judging for Referees

All three-platform officials are responsible for judging all aspects of the lifter and the lift on the platform. It is obvious that the center referee, from the position at the front of the platform, is in a position that makes it more difficult to judge some aspects of a lift compared to the side referees.

### 6. When a Referee is Blocked from Viewing the Lift

Referees should position themselves in the best viewing position possible. As the lift is in progress, the rear and side spotters must position themselves so each referee has a clear view of the lifter. The lifter may **NOT** utilize their own rear spotter for the squat for any reason. If the spotter's at fault for impeding the judges' view are part of the **platform personnel, the lifter will be given another attempt**.

### 7. Duties of the Referees

#### *A. Prior to the Contest*

1. The platform and equipment comply in all respects with the rules.
2. The scales work correctly and are certified accurate within the last 12 months.
3. Assure that weigh-ins are conducted legally and properly.
4. Assure that a thorough rules briefing is conducted prior to the time that lifting starts.

#### *B. During the Contest*

1. The weight of the loaded bar agrees with the weight announced by the speaker. At least one referee should be issued a loading chart.
2. During the meet, if any referee has reason to doubt a lifter's integrity (in respect to intentional use of invalid equipment or attire to give them unfair advantage over other competitors), it is to be called to the other referee's attention and the lifter will then be inspected. If the infraction is major, the lifter will be disqualified from the competition. If the infraction is minor, the lifter will be warned.

**8. Procedure of a Referee Seeing a Fault in a Lift**

The referee will interpret the fault through lights only at the end of the lift. He may not influence other referees at any time, unless he interprets the fault as being dangerous to the lifter or spotters. Any valid XPC member has the right to lodge a formal complaint with the President regarding misconduct, bad refereeing, or any infraction they may have been involved in or witness to at any XPC sanctioned meet. The XPC Coalition Council Members will accept any complaints via email or phone for review of any perceived faults of a referee.

**9. Procedure for a lifter to be Informed of Infractions**

A lifter receiving red lights may approach a referee only at the completion of their current. The referee shall inform the lifter of the infraction in a brief manner so as to not break the flow of the meet.

**10. Non-Influence of Referees Toward Each Other**

A referee should not attempt to influence the decision of the other referees. No conditions should interfere with fair judgment of all lifters. Absolutely no favoritism will be tolerated. All lifting attempts are to be judged equally.

**11. Acceptable Referee Communication**

Referees may consult with each other or any other official to expedite the competition or to correct faults. Consultations should be kept brief and not interfere with the progression of the competition. The lifter will never be penalized by an official's error and will always receive the benefit of corrections.

In the event of the mis-lighted lift (due to a switches neglecting to be reset), resulting in the wrong result being announced, the referees must communicate immediately to the scoring table verbally if the announced decision was incorrect. The corrected decision will then be re-announced.

**12. Referee Dress Code**

Referees should dress neatly and appropriately at ALL XPC events. When available Referees will be required to wear an official referee shirt provided by the XPC.

**XPC MEET DIRECTOR RESPONSIBILITIES AND CONDUCT****Responsibilities**

*The meet director appoints the following officials:*

- A. Announcer
- B. Expeditors
- C. Score Keeper(s)
- D. Spotter/loaders
- E. Other positions as needed.

1. Meet directors will email all meet results to the record custodian no more than one week after the event, in the complete appropriate format. The submission details can be obtained in the meet director's section of the XPC link from [www.lexenxtreme.com](http://www.lexenxtreme.com). The meet director is also responsible for sending meet results to the records custodian and to Powerlifting U.S.A.
2. Meet directors must be able to produce video coverage of any All-Time World Records. Two white and one red decision of All-Time Records will be reviewed by the judges. All three white light records will stand as

called. *This does not include XPC World Records. This is for all-time world records only.*

3. At the discretion of the XPC President, the meet director is responsible for reimbursing the attending XPC Representative their travel expenses (gas and lodging) at the completion of the meet before the XPC Representative departs.
4. Meet directors must provide the required equipment for the classification of the meet. If the required equipment is not available locally, required apparatus may be available through the network of XPC directors and supporters.
5. Meet directors will provide chalk to lifters in the warm-up area and on the platform.

*Failure to follow any of the Meet Director Rules and Regulations can result in the meet director being suspended from receiving subsequent competition sanctioning.*

## SPOTTER REQUIREMENTS

- 1) Spotters must demonstrate the ability to hand spot the loaded bar weight.
- 2) Spotters must be hand-picked by the meet director to protect the lifter from injury.
- 3) Designated spotters may remove safety straps for a lifter choosing to walk out the weight only for attempts not exceeding weights that they can safely spot in the event of a failed attempt or loss of bar control.
- 4) Competitors must understand that they assume responsibility for any possible injury.
- 5) Competitors are allowed to use their own spotter in addition to the meet director's spotters.

## SPOTTER CONDUCT

1. The lifter may utilize their own rear and side spotters for the squat if requested. If the lifter's own spotter/s interfere with the judges' ability to see the lift being performed and accurately judge the lift, the lift will be disqualified. If the spotter/s at fault for impeding the judges' view are part of the **platform personnel, the benefit of the lifter. However if the attempt is for an All-Time World Record the lifter will be given another attempt.**
2. Incidental contact with the bar or lifter by the platform personnel during the lift is not deemed a disqualification. If the spotters end an attempt prior to notification by a referee, lifter themselves or lifter's coach, the lifter will be given another attempt.