

**METAL MILITIA**



**POWERLIFTING  
FEDERATION RULE BOOK**

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Metal Militia Powerlifting Federation Rulebook  
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This rulebook governs all Metal Militia Powerlifting sanctioned competitions conducted on or after the effective date listed above.

**All section numbers, headings, and subheadings in this rulebook are fixed. Once published, no renumbering, reordering, or restructuring shall occur except by formal revision issued by Metal Militia Powerlifting LLC.**

**Future changes shall be made by amendment only and documented in the official change log.**

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# 1. Preface

Metal Militia Powerlifting LLC, referred to as MMP, is the governing body responsible for all sanctioned Metal Militia Powerlifting competitions. MMP oversees the sanctioning of competitions, enforcement of rules, certification of judges and spotters, and the recognition and documentation of records.

All MMP officers, meet directors, officials, and lifters are responsible for reading and understanding this rulebook prior to participating in any MMP-sanctioned competition.

Metal Militia Powerlifting LLC is a separate entity from the Metal Militia Powerlifting Club. Participation in an MMP-sanctioned competition or the purchase of an MMP membership card does not grant membership in the Metal Militia Powerlifting Club.

Information regarding membership in the Metal Militia Powerlifting Club may be obtained from a Chapter President or by visiting [MetalMilitiaPowerlifting.com](http://MetalMilitiaPowerlifting.com).

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## 2. Definitions and Scope of Authority

### 2.1 Federation Authority

Metal Militia Powerlifting LLC, referred to as the Federation, is the sole governing authority for all Metal Militia Powerlifting sanctioned competitions.

The Federation shall have exclusive authority to interpret these rules, sanction competitions, certify and remove officials, recognize lift totals and records, and enforce disciplinary action.

All decisions made by the Federation within the scope of these rules are binding.

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### 2.2 Applicability of Rules

These rules apply to all individuals participating in or present at a Metal Militia Powerlifting sanctioned competition, including lifters, coaches, officials, staff, and spectators.

Participation in a sanctioned competition constitutes agreement to comply with all Federation rules policies and decisions.

No individual may claim exemption from these rules based on prior competition experience, membership in another federation, personal interpretation, or local custom.

These rules apply equally to all divisions, classes, and levels of competition, unless explicitly stated otherwise.

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## **2.3 Federation vs Club Distinction**

Metal Militia Powerlifting LLC is a competitive federation responsible solely for the governance of sanctioned powerlifting competitions.

The Metal Militia Powerlifting Club is a separate and independent organization.

Membership in the Federation or participation in a sanctioned competition does not grant membership status voting rights or authority within the Metal Militia Powerlifting Club.

Likewise, club membership does not confer authority influence or exemption within Federation sanctioned competitions.

Federation rules apply only to sanctioned competitions and do not govern club activities, training environments, or non-sanctioned events.

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## **3. Governance and Authority**

### **3.1 Chain of Command**

The Metal Militia Powerlifting Federation operates under a defined hierarchical chain of command. Authority flows downward in the order listed. Actions taken by an authorized official within the scope of their authority are final for the duration of the competition.

No appeals, challenges, or reversals shall occur during an active competition. All appeals may be submitted only after the conclusion of the event in accordance with Federation procedures.

The President and designated Vice Presidents shall have authority to interpret, supplement, or amend these rules as necessary to ensure safety fairness and operational integrity.

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### **3.2 President**

The President of Metal Militia Powerlifting LLC is the highest authority within the Federation.

The President shall have final authority over all rules, interpretations, sanctions, certifications, and disciplinary actions.

### **3.2.1 Presidential Authority**

The President shall have authority to:

- Appoint and remove Senior Officers
- Grant, suspend, or permanently revoke competition sanctioning
- Approve, suspend, or remove sponsors, vendors, and meet venues
- Permanently suspend or reinstate referees, officials, or members
- Enforce all Federation rules
- Issue final determinations on all appeals and disputes

Decisions of the President are final.

---

### **3.3 Vice President of Operations**

The Vice President of Operations reports directly to the President and shall assume Presidential duties during absence or incapacity.

The Vice President of Operations shall oversee competition scheduling, advertising, operational execution, and supervision of subordinate officers.

#### **3.3.1 Authority of the Vice President of Operations**

The Vice President of Operations shall have authority to:

- Nominate Senior Officers for Presidential approval
  - Suspend competition sanctioning pending review
  - Enforce Federation rules at an operational level
  - Remove individuals whose conduct disrupts the safe or fair operation of a competition
  - Recommend permanent disciplinary action to the President
- 

### **3.4 Vice President**

The Vice President reports directly to the President and shall assume the duties of the Vice President of Operations during absence or incapacity.

The Vice President shall supervise operational decisions involving referees, meet directors, and enforcement personnel.

#### **3.4.1 Authority of the Vice President**

The Vice President shall have authority to:

- Nominate Senior Officers for Presidential approval
  - Suspend competition sanctioning pending review
  - Enforce Federation rules
  - Remove individuals whose conduct disrupts competition operations
  - Recommend permanent disciplinary action to the President
- 

### **3.5 Sergeant-at-Arms**

The Sergeant-at-Arms reports to the President, followed by the Vice President of Operations and the Vice President.

The Sergeant-at-Arms shall enforce Federation rules, branding standards, and onsite policy compliance.

#### **3.5.1 Authority of the Sergeant-at-Arms**

The Sergeant-at-Arms shall have authority to:

- Enforce Federation rules during competitions
- Remove individuals whose conduct disrupts safety, order, or rule compliance
- Report violations to the Meet Director and Senior Officers

The Sergeant-at-Arms **may temporarily suspend sanctioning during an active competition** when immediate action is required to address safety violations or serious rule noncompliance.

Any such suspension **shall be reported immediately** to the Meet Director and Senior Officers and **shall remain in effect only until reviewed** by the Vice President of Operations Vice President or President.

The Sergeant-at-Arms **shall not** permanently revoke sanctioning or certification.

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### **3.6 Technical Coordinator**

The Technical Coordinator reports to the President, followed by the Vice President of Operations and the Vice President.

The Technical Coordinator shall manage recordkeeping, membership databases, certification records, and official Federation systems.

#### **3.6.1 Authority of the Technical Coordinator**

The Technical Coordinator shall have authority to

- Enforce administrative compliance with Federation rules
- Verify records, certifications, and eligibility
- Report violations to Senior Officers

The Technical Coordinator shall not exercise disciplinary authority during a competition.

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### **3.7 Chief Official**

The Chief Official reports to the President, followed by the Vice President of Operations and the Vice President.

The Chief Official shall oversee referee and spotter certification, rule interpretation, and judging standards.

#### **3.7.1 Authority of the Chief Official**

The Chief Official shall have authority to:

- Enforce judging rules and standards
- Remove referees from active duty for failure to perform judging responsibilities
- Report disciplinary matters to Senior Officers

Removal by the Chief Official applies only to officiating duties and does not revoke certification.

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### **3.8 Meet Director**

The Meet Director is the highest operational authority on site during a sanctioned competition and is responsible for overall competition flow, enforcement of Federation rules, staffing, discipline, and immediate safety decisions affecting the event as a whole.

#### **3.8.1 Authority of the Meet Director**

The Meet Director shall have authority to:

- Enforce all Federation rules on site
- Remove lifters, coaches, officials, or spectators whose conduct disrupts safety, fairness, or competition integrity
- Pause or suspend competition operations for safety concerns
- Remove referees from duty at that competition, except for the Chief Official
- Resolve non-judging disputes immediately and decisively

The Meet Director shall not remove the Chief Official from duty.

Any concerns regarding the performance or conduct of the Chief Official shall be reported immediately to the President, Vice President of Operations, or Vice President for review and action.

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### **3.8.2 Federation Override and Safety Intervention**

All Meet Directors, Chief Officials, referees, spotters, loaders, and meet staff operate under the authority of Metal Militia Powerlifting LLC.

The President, Vice President of Operations, Vice President, or Sargeant-at-Arms may intervene at any time when necessary to protect safety, enforce Federation rules, preserve meet integrity, or protect the Federation's business and brand standards.

Such intervention may include issuing corrective direction, pausing competition operations, replacing meet staff, including the Meet Director or Chief Official, or suspending or terminating the event or its sanctioning when required.

All officials and meet staff shall comply immediately with any such directive.

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### **3.9 Appeals and Review**

No appeals shall be heard during an active competition.

All appeals must be submitted after the conclusion of the event to the Metal Militia Powerlifting LLC Home Office acting under the authority of the President.

The President shall issue final determinations on all appeals.

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## **4. Sanctioning a Competition**

All Metal Militia Powerlifting Federation competitions **shall** be officially sanctioned by Metal Militia Powerlifting LLC prior to being advertised or conducted.

Only competitions that are properly sanctioned **shall** be eligible to recognize official lifts, totals, records, titles, and awards.

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## 4.1 Eligibility to Apply for Sanctioning

A competition **must** be submitted for sanctioning by one of the following:

- A current Chapter President
- A Meet Director who has written endorsement from a current Chapter President

Applications submitted by any other individual **shall not** be accepted.

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## 4.2 Sanctioning Requirements

To obtain sanctioning approval, all of the following conditions **must** be met:

- The Meet Director **must** submit the required sanctioning paperwork to the Federation
- The Meet Director **must** acknowledge understanding of all Federation rules
- Required fees **must** be paid in full prior to approval

Details regarding competition venue equipment and logistics **shall** be captured within the required sanctioning paperwork.

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### 4.2.1 Exception for Experienced Meet Directors

A Meet Director who has **successfully hosted three sanctioned Metal Militia Powerlifting competitions** that were completed without sanctioning violations **may be exempt** from submitting standard sanctioning paperwork for future events.

This exemption:

- Applies only to administrative submission requirements
- Does **not** waive sanctioning approval
- Does **not** exempt the Meet Director from compliance with any Federation rule

The Federation **retains full authority** to require sanctioning paperwork from any Meet Director at any time.

This exemption **may be revoked at the discretion of the Federation** if issues arise related to safety compliance fairness or operational integrity.

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### 4.3 Review and Approval Authority

Sanctioning approval **shall** be reviewed by the Vice President of Operations or the Vice President.

Final approval **shall** be issued by the President or by delegated authority acting on behalf of the President.

Sanctioning approval **may** include conditions, requirements, or limitations at the discretion of the approving authority.

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### 4.4 Conditional Approval and Monitoring

The Federation **may** conditionally approve a competition subject to compliance verification.

The Meet Director **shall** be responsible for maintaining compliance before and during the competition.

Failure to maintain compliance **may** result in immediate enforcement action.

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### 4.5 Suspension of Sanctioning

Sanctioning **may** be suspended under the following conditions:

- Failure to comply with Federation rules
- Safety violations
- Misrepresentation of event details
- Use of uncertified officials
- Conduct that threatens fairness or integrity

Suspension authority:

- The Meet Director **may** suspend competition operations immediately for safety
- The Vice President of Operations or Vice President **may** suspend sanctioning pending review

Suspension during competition **shall not** invalidate completed lifts unless the President determines otherwise after review.

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## 4.6 Revocation of Sanctioning

Permanent revocation of sanctioning **shall** be issued only by the President.

Revocation **will** result in one or more of the following:

- Invalidation of competition results
- Disqualification of records
- Loss of future sanctioning eligibility

Revocation decisions are final subject only to internal Federation appeal procedures.

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## 4.7 Effect of Unsanctioned Competitions

Competitions conducted without proper sanctioning **shall not** be recognized by the Federation.

Lifts, totals, titles, and records from unsanctioned competitions **are invalid**.

Misrepresentation of a competition as sanctioned **will** result in disciplinary action.

---

## 4.8 Appeals

No appeals regarding sanctioning status **shall** be heard during an active competition.

All appeals **must** be submitted after the conclusion of the event to the Metal Militia Powerlifting LLC Home Office acting under the authority of the President.

The President **shall** issue final determinations on all sanctioning appeals.

## 5. Structure of Competition

The Meet Director is responsible for appointing all competition staff including the announcer, head referee, expeditors, scorekeepers, and spotters / loaders.

The Meet Director is responsible for ensuring the competition operates smoothly from the start of weigh-ins through the presentation of awards.

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## **5.1 Weigh-Ins**

### **5.1.1 Twenty-Four-Hour Weigh-In Rule**

A twenty-four-hour weigh-in is mandatory at all sanctioned MMP competitions.

Multiple weigh-in sessions may be offered to allow lifters the opportunity to weigh in up to twenty-four hours prior to their scheduled lifting day.

At least one official weigh-in session must be made available beginning exactly twenty-four hours prior to the scheduled start time of the competition.

The scheduling and duration of weigh-in sessions are at the discretion of the Meet Director, provided that no weigh-in begins earlier than twenty-four hours prior to the scheduled start time of the competition.

### **5.1.2 Weigh-In Verification**

All lifters must purchase a current MMP membership card prior to weighing in.

Lifters competing in age divisions must present proof of age using a government-issued identification or birth certificate.

MMP membership cards must be purchased in advance. If a sanctioned competition allows nonmembers to compete without written authorization from the MMP President or Vice President, the sanctioning of the meet may be revoked and lifts may be declared invalid.

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## **5.2 Weigh-In Card Information**

Each weigh-in card must include the following information:

- Lifter name
- Lifter age or date of birth
- Weight class division and subdivision entered
- Actual body weight
- Opening attempts for each lift
- Rack height when applicable

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## **5.3 Weigh-In Procedure**

Lifters shall be weighed in nude, wearing underwear, or wearing tight-fitting clothing. All pockets shall be emptied prior to weighing.

Weigh-ins shall be conducted in a private, enclosed area by an appointee of the Meet Director. All reasonable measures shall be taken to ensure the lifter's privacy, dignity, and respect during the weigh-in process. If a lifter requires a same-sex appointee to conduct their weigh-in, twenty-four-hour advance notice shall be provided to the Meet Director.

Weigh-ins must be conducted by meet officials or their appointed representatives.

Once a lifter officially weighs in and is recorded in a weight class, that weight class is **final**.

The lifter **may not be reweighed** for the purpose of entering another weight class.

A lifter's body weight may never be estimated. Any attempt to estimate body weight will result in forfeiture of all attempts.

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## 5.4 Rounds System (Flights)

All MMP competitions will use the rounds system, also referred to as flights.

Lifters will be divided into flights of approximately ten to fifteen lifters.

Each lifter within a flight will complete all three attempts before the next flight begins.

First attempts will be taken as the bar is progressively loaded from the lightest to the heaviest opener.

After all first attempts are completed, the bar will be reduced to the lowest second attempt and the process will repeat for second and third attempts.

If additional flights are scheduled, each flight will follow the same procedure.

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## 5.5 Progressive Loading

The lifter attempting the lightest weight will lift first.

Once the weight is announced and loaded, the bar may not be reduced except with approval of the Meet Director.

Lifters and coaches are responsible for monitoring the loading of the bar and being prepared to take attempts at their declared weights.

---

## **5.6 Attempt Priority Rule**

A lifter taking a first attempt must lift before lifters taking second or third attempts at the same weight.

A lifter taking a second attempt must lift before lifters taking third attempts at the same weight.

All first attempts must be taken in round one, all second attempts in round two, and all third attempts in round three.

Fourth attempts are permitted only for the purpose of setting records.

Fourth attempts must be taken at the conclusion of the third round.

Fourth attempts may not be added to totals and do not count toward competition placing.

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## **5.7 Minimum Weight Increases**

The barbell must be increased by a minimum of five pounds or two point five kilograms between successful attempts.

### **Exceptions:**

Records may be broken by a minimum of one pound above the existing record.

All-time records may be broken by a minimum of one pound.

Record attempts must follow normal attempt order and may not be taken after the conclusion of lifting.

---

## **5.8 Loading Errors and Incorrect Announcements**

If the bar is loaded lighter than requested and the attempt is successful, the lifter may accept the lift or elect to retake the attempt at the originally requested weight. A retake will occur at the end of the round.

If the bar is loaded heavier than requested and the attempt is successful, the lifter will be credited with the attempt. If unsuccessful, the lifter will be granted another attempt at the originally requested weight at the end of the round.

If plates are loaded unevenly or changes occur during the lift and the attempt is unsuccessful, the lifter will be granted another attempt at the original weight.

If the announcer fails to properly announce a lifter, the bar shall be adjusted as needed and the lifter will be allowed to take the attempt.

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## 5.9 Formulas for Determining Results

The Meet Director will select the formula used to determine awards for men and women. Acceptable options include the Schwartz Malone Formula, the Wilks Formula, the DOTS Formula, and the Glossbrenner Formula.

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## 6. Lifter Eligibility and Divisions

This section defines eligibility requirements, divisions, classifications, and team participation standards for all Metal Militia Powerlifting Federation-sanctioned competitions.

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### 6.1 Recognized Lifts and Order

The Metal Militia Powerlifting Federation recognizes the following lifts performed in the order listed:

Squat  
Bench Press  
Deadlift

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#### 6.1.1 Total

The total for each lifter is the sum of the highest successfully completed squat bench press and deadlift as passed by the referees.

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#### 6.1.2 Lift Order

All competitions conducted under Federation rules must follow the lift sequence listed above. The order may not be altered.

The only exception to this rule is that, during a **full power competition**, lifters entered in a **Bench-Only division** may, **at the Meet Director's discretion**, complete their bench press attempts **prior to the commencement of the squat portion of the competition**.

Once all Bench-Only lifting is completed, the remainder of the competition **shall proceed in the standard order** of squat, bench press, and deadlift for all full power lifters.

---

## **6.2 Membership and Validity of Lifts**

### **6.2.1 Membership Requirement**

All lifters must possess a current Metal Militia Powerlifting Federation membership card to compete in a sanctioned event unless prior authorization is granted by the President.

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### **6.2.2 Valid Lifts**

Only lifts and totals performed at an officially sanctioned Federation competition and judged in accordance with these rules shall be recognized as valid.

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### **6.2.3 Division Changes**

Lifters may not change division category or subdivision after the competition has concluded and awards have been distributed.

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## **6.3 Categories of Lifters**

### **6.3.1 Gender Classification**

All lifters must compete in the category of their gender assigned at birth.

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### **6.3.2 Youth / Teenage Division**

Age categories:

5 to 12  
13 to 15  
16 to 17  
18 to 19

Available divisions:

Amateur Equipped  
Professional Equipped  
Raw Amateur  
Raw Professional

### **6.3.3 Junior Division**

Ages 20 to 23

Available divisions:

Amateur Equipped  
Professional Equipped  
Raw Amateur  
Raw Professional

### **6.3.4 Open Division**

Ages 20 and older

Available divisions:

Amateur Equipped  
Professional Equipped  
Raw Amateur  
Raw Professional

### **6.3.5 Submaster Division**

Ages 35 to 39

Available divisions:

Amateur Equipped  
Professional Equipped  
Raw Amateur  
Raw Professional

### **6.3.6 Master Division**

Age categories:

40 to 44  
45 to 49  
50 to 54  
55 to 59

60 to 64  
65 to 69  
70 to 74  
75 to 79  
80 and over

Available divisions:

Amateur Equipped  
Professional Equipped  
Raw Amateur  
Raw Professional

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## 6.4 Bodyweight Classes

All official weigh-ins shall be recorded on a kilogram basis.

Weight classes are defined strictly by kilogram limits. Pound values listed alongside each class are provided for reference only and are not exact mathematical conversions.

When a weigh-in is conducted using pounds, the recorded weight shall be interpreted against the kilogram-based class limit. Minor decimal differences caused by pound-to-kilogram conversion shall not disqualify a lifter from a class.

### Example

A lifter weighing 220.1 lbs remains within the 100-kg or 220-lb class because the class is defined by the kilogram limit.

This standard applies regardless of whether the scale displays kilograms or pounds and aligns with how meet management software records weigh-in data.

### 6.4.1 Men

- 52 kg / 114 lbs
- 56 kg / 123 lbs
- 60 kg / 132 lbs
- 67.5 kg / 149 lbs
- 75 kg / 165 lbs
- 82.5 kg / 182 lbs
- 90 kg / 198 lbs
- 100 kg / 220 lbs
- 110 kg / 242 lbs
- 125 kg / 275 lbs

- 140 kg / 308 lbs
- 140+ kg / 308+ lbs

#### **6.4.2 Women**

- 44 kg / 97 lbs
  - 48 kg / 106 lbs
  - 52 kg / 114 lbs
  - 56 kg / 123 lbs
  - 60 kg / 132 lbs
  - 67.5 kg / 149 lbs
  - 75 kg / 165 lbs
  - 82.5 kg / 182 lbs
  - 90 kg / 198 lbs
  - 90+ kg / 198+ lbs
  - 100 kg / 220 lbs
  - 110 kg / 242 lbs
- 

### **6.5 Professional Classification Totals**

Professional classification totals for both equipped and raw divisions are defined by published weight class standards.

A lifter must meet or exceed the required total for their weight class to compete in the professional division.

Master classifications are denoted separately where applicable.

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### **6.6 Team Competition Rules**

#### **6.6.1 What a Team Is**

A team is a group of lifters entered together for team scoring purposes.

- A team must consist of **at least 5 lifters**.
- A team may consist of **no more than 12 lifters**.
- Teams **may include both men and women**.
- A team may enter **no more than 2 lifters in the same weight class**.

If more than two lifters from the same team enter the same weight class, only the first two entered will be eligible to score team points.

---

### 6.6.2 Alternate Lifters

Each team may designate **up to 3 alternate lifters**.

Alternate lifters:

- Count toward the team roster limit
- Do **not** score team points unless substituted into the active lineup
- May replace an active team member **prior to the start of lifting**

Once lifting has begun, team rosters and substitutions are locked.

---

### 6.6.3 How Team Points Are Earned

Team points are earned **only by individual lifter placements within weight classes**.

For each weight class, points are awarded as follows:

- 1st place earns **10 points**
- 2nd place earns **5 points**
- 3rd place earns **3 points**
- 4th place earns **2 points**
- 5th place earns **1 point**

Only the **highest-placing eligible lifter** from each team in a given weight class may score points unless two lifters from the same team are entered, in which case **both may score**, subject to the two-lifter-per-weight-class limit.

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### 6.6.4 Team Ranking

Team rankings are determined by the **total points earned** by all scoring lifters on the team.

Only the **top five teams overall** will be recognized for team awards.

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### 6.6.5 Tiebreakers

If teams tie in first place finishes, the team with the most second-place finishes prevails. If still tied, the process continues through subsequent placements until the tie is broken.

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### **6.6.5 Team Rosters**

Team rosters must be submitted to the Meet Director or scoring table no later than thirty minutes prior to the start of the competition.

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## **6.7 Special Competitions**

High school, prison, and special athlete competitions may operate under modified equipment standards.

Standard mandatory equipment may be waived. Shoes, snug-fitting shorts, and T-shirts may be worn.

Any special equipment required by an athlete must be inspected and approved by the Meet Director prior to the start of the competition.

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# **7. Records and Advancement**

## **7.1 General Conditions for Setting Records**

Records may only be set at officially sanctioned Metal Militia Powerlifting competitions.

Only lifts performed in full compliance with these rules and judged by certified MMP referees will be recognized.

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## **7.2 Eligibility for Records**

### **7.2.1 World Records**

MMP World Records may be set or broken at any MMP-sanctioned competition.

### **7.2.2 All-Time Records**

All-Time Records may be set or broken at any MMP-sanctioned competition.

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### **7.3 Special Requirements for All-Time and World Records**

A verified and certified scale must be provided at any competition where World National or All-Time records may be attempted.

At local meets, all weights used for an All-Time Record attempt must be verified by the Head Referee and a Chapter President.

Any additional costs incurred by the Meet Director to secure appropriately certified officials for an All-Time Record attempt will be reimbursed by the lifter attempting the record.

All All-Time World Record attempts must be video recorded to preserve a visual record.

If the legitimacy of a lift is questioned, the Head Referee and Meet Director will review the video and render a final decision.

Video and Record Review Procedures are detailed in the Appendix and shall govern all video submissions, reviews, and record verification.

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### **7.4 Fourth Attempts for Records**

A lifter may request a fourth attempt at any lift to set or break an MMP record, provided the lifter has successfully completed at least one of the first three attempts in that lift.

Fourth attempts are permitted only for record purposes.

Fourth attempts may not be included in the lifter's total or used for placement within the competition.

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### **7.5 Referee Requirements**

All referees officiating record attempts must hold a current MMP referee certification.

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### **7.6 Token Attempt Rule**

A lifter entered in a full power competition may set an individual lift record without competing for overall placement.

If a lifter elects to pursue an individual lift record only, the lifter must still complete at least one legal attempt in each of the remaining lifts.

These attempts are considered token attempts and must be performed in normal competition order and under all standard rules.

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## **7.7 Records When Bombing Out**

If a lifter competing in a full power meet successfully sets an individual lift record but is later eliminated from the competition due to failed attempts in another lift, the record will stand, provided all record requirements were met.

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# **8. Platform and Equipment**

## **8.1 Platform**

The competition platform must be constructed of wood, steel, or concrete.

The platform surface must be covered with a firmly secured, nonslip material such as low-pile carpet or rubber.

For single lift and double lift competitions, the platform must measure at least eight feet by six feet.

For full power competitions, the platform must measure at least twelve feet by twelve feet.

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## **8.2 Platform Access**

Only the lifter, designated handoff person, spotters, loaders, referees are permitted on the competition platform.

No more than two spotters may be positioned on each side of the bar with one spotter positioned behind the lifter.

At the request of the lifter, one additional spotter per side may be permitted, for a maximum total of seven spotters. This consists of three spotters on each side of the bar and one designated handoff person.

Spotters must be positioned so they do not block or obstruct the view of any judge. If a judge's view is obstructed, the lift may be invalidated.

Approval of additional spotters and their positioning is at the discretion of the Meet Director.

Any adjustment to equipment or the platform itself must be directed by the referees or Meet Director.

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### **8.3 Lifting Bars**

Designated squat, bench press, and deadlift bars must be used on the competition platform.

The deadlift bar must not have center knurling.

Bars used in the warm-up area must be similar in construction to the bars used on the competition platform.

The bar manufacturer and model must be submitted to the president or vice president prior to sanctioning approval.

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### **8.4 Plates**

Plates must range from 1.25 kilograms / 2.5 pounds through 45 kilograms / 100 pounds.

Smaller plates may be used for record purposes only and include 0.5 kilograms / 1 pound and 0.25 kilograms / 0.5 pounds.

Plates must be loaded on the bar from heaviest to lightest.

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### **8.5 Plate Calibration**

The Meet Director will determine whether the competition is conducted in pounds or kilograms.

All plates used on the competition platform must be verified within thirty days of the competition.

Plates must weigh within one percent of their stated value.

Scale certification and plate verification documentation must be submitted to the Home Office prior to sanctioning approval.

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## **8.6 Collars**

Collars must be used on all lifts.

The Collar must be approved by the Meet Director prior to the competition. The collar weight must be verified prior to the competition and added to the total weight of the bar for each lift.

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## **8.7 Squat Rack**

A monolift-style squat rack is required for all full power competitions.

At least one squat rack must be available in the warm-up area. Additional racks may be required based on the number of participants. In small meets, lifters may warm up on the platform if there is insufficient room for a second monolift.

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## **8.8 Bench**

Bench-only competitions with more than 15 lifters must provide two competition benches and one replica competition bar in the warm-up area.

The bench must be of sturdy construction and provide maximum stability.

The bench must meet the following specifications:

- Minimum length: 1.2 m / 47.25 in
- Width: 29–32 cm / 11.4–12.6 in
- Maximum height: 48 cm / 18.75 in measured from the floor to the uncompressed padded surface

Adjustable bench uprights must measure between 82–100 cm / 32.3–39.4 in.

Nonadjustable bench uprights must measure between 87–100 cm / 34.3–39.4 in.

The maximum distance between the inside edges of the uprights must not exceed 1.1 m / 43.3 in.

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## **8.9 Lights**

A light system must be provided to display referee decisions.

Each referee shall control one white light, indicating a successful lift, and one red light, indicating an unsuccessful lift.

If a light system is unavailable or fails during competition, the Meet Director shall provide white and red cards for referees to display successful or unsuccessful lift decisions.

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## **9. Personal Equipment: Geared**

### **9.1 Singlet**

#### **9.1.1 Mandatory Use**

- A singlet is **not required** over a squat suit or deadlift suit.
  - A singlet is **required** over a bench shirt.
- 

#### **9.1.2 Definition of Singlet**

A wrestling singlet is a one-piece, close-fitting garment made of stretch fabric, commonly nylon, polyester, or Lycra, that covers the torso and upper thighs.

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#### **9.1.3 Construction and Fit**

- The singlet must be sleeveless with two shoulder straps.
  - No openings are permitted other than head, arm, and leg openings.
  - The singlet must not touch or extend past the knee.
  - The singlet must not come into contact with knee sleeves or knee wraps.
  - The singlet must be worn under all lifting belts.
- 

#### **9.1.4 Velcro Shoulder Straps**

- If Velcro shoulder straps are used, they must be securely fastened before stepping onto the platform.
  - If a strap becomes unfastened during an attempt, the lift shall be declared no lift.
  - If the head referee determines that the straps provide an advantage, the lifter may be required to change singlets before continuing.
-

### **9.1.5 Coverage and Material**

- The singlet must fully cover the torso from the shoulders to the top of the thighs.
  - The material must be opaque.
  - No undergarments, skin, or body outlines may be visible through the singlet.
  - No mesh panels, sheer fabric, cutouts, or alterations are permitted.
- 

### **9.1.6 Undergarments**

- Standard athletic undergarments may be worn beneath the singlet.
  - A plain cotton T-shirt may be worn under the singlet.
  - T-shirt sleeves may extend under the singlet straps.
  - No garment may extend beyond the singlet leg openings.
  - Undergarments must not display visible writing, logos, or markings through the singlet.
- 

### **9.1.7 Prohibited Modifications**

- No cuts, slits, or alterations are permitted.
  - The singlet may not be cut at the neck.
  - The singlet may not be altered to accommodate a lifting belt.
- 

### **9.1.8 Enforcement**

- A lifter not meeting these requirements shall not be permitted to attempt a lift.
  - The head referee has final authority on singlet approval.
- 

## **9.2 Bench Shirt Ply, Inserts, and Construction Standards**

### **9.2.1 Total Ply and Insert Limits**

Total ply refers to the combined thickness of the bench shirt body and all inserts.

All inserts must be placed inside the shirt, between the lifter's body and the shirt material.

The Meet Director is responsible for ensuring that bench shirts comply within the spirit of the rules.

**Maximum of four ply total.**

The bench shirt may not exceed four total ply, including inserts.

Examples:

- Four-ply shirt with no inserts
- Three-ply shirt with one-ply insert
- Two-ply shirt with two-ply insert
- One-ply shirt with three-ply insert

Any time a record is broken, the equipment must be inspected by the head judge.

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### **9.2.2 Collar Construction and Ply Limits**

The collar is considered part of the bench shirt and is subject to ply and thickness limits.

The collar may not exceed two ply.

For a shirt constructed with four-ply material, a two-ply collar results in a maximum effective thickness of eight ply at the collar area.

The collar may not be wider than 1.5 inches, measured straight down from the top of the collar to the bottom of the collar at its longest point.

The collar must be uniform in construction and made from the same material as the shirt.

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### **9.2.3 Breastplate Construction and Limits**

The breastplate is any reinforcement panel or added material located in the chest area of the bench shirt above the abdominal panel.

The breastplate may not exceed the maximum allowable four ply for the division, including all inserts and layered material.

The breastplate must be constructed of flexible bench shirt or poly material only.

Layering, folding, stacking, or overlapping material that results in exceeding allowable ply or thickness limits is not permitted.

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### **9.2.4 Abdominal Panel Construction**

The abdominal panel is the portion of the bench shirt located below the breastplate and covering the stomach and midsection.

No additional material or reinforcement is permitted in the abdominal panel.

The abdominal panel must consist solely of the same shirt material as manufactured.

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### **9.2.5 Bench Shirt Back Construction and Attachment**

Open-back shirts are permitted, provided both sides of the back remain connected during the lift.

The back must be affixed using stitching, Velcro, or a combination of both, and all attachment points must remain engaged throughout the attempt.

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### **9.2.6 Bench Shirt Sleeve**

The bench shirt sleeve may come into contact with the elbow, provided that a visible portion of the elbow remains exposed throughout the entire lift.

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## **9.3 Hazardous Bench Shirt**

The Meet Director or Head Referee may require a bench shirt or band shirt deemed hazardous to be removed, replaced, or adjusted prior to any lifting attempts.

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## **9.4 Men's Undergarments**

Men may wear undergarments under a bench shirt.

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## **9.5 Women's Undergarments**

Women must wear a single sports bra or thin nonperforming undergarment under the bench shirt.

Long-sleeve shirts and tight poly shirts are not permitted under a bench shirt.

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## **9.6 Amateur Division Bench Shirt Fit**

In the Amateur Division, the collar may not be pulled so low that it exposes the armpit crease.

If a referee requests adjustment and the lifter does not comply, the attempt will be forfeited.

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## **9.7 Professional Division Bench Shirt Fit**

In the Professional Division, the bench shirt may be worn in any manner, provided the armpit crease is not exposed and the elbow is not covered.

The lifter must demonstrate control of the bar throughout the lift.

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## **9.8 Bench Shirt Sleeve and Elbow Rule**

Bench shirt sleeves must be positioned above the elbow and must remain visible to all judges before, during, and after the attempt.

If the shirt cannot be set above the elbow prior to the attempt, the lifter will be moved to the end of the flight and permitted to take the attempt after correcting the sleeve position.

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## **9.9 Judges' Right to Interfere for Safety**

Judges may require the bar to be taken from a competitor if they believe the attempt presents a safety risk to the lifter, spotters, or platform staff.

The lifter may return at the end of the flight to demonstrate safe control of the attempted weight.

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## **9.10 Socks**

Socks may be worn without restriction, provided they do not overlap the knee and do not touch the knee wrap while standing.

Contact between socks and knee wraps in the bottom position of the squat is permitted.

Full-length stockings, pantyhose, and tights are not permitted.

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## **9.11 Belt**

A belt must be worn on the outside of the lifting suit.

There are no additional restrictions, including belt material.

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## **9.12 Footwear**

Shoes are required for the squat and bench press, provided no cleats or spikes are worn.

Shoes are not required for the deadlift. Socks or deadlift slippers are permitted. Bare feet, cleats, and spikes are not permitted.

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## **9.13 Wrist Wraps**

Only one wrist wrap may be worn per wrist.

Wraps may not exceed one meter in length and eight centimeters in width.

Velcro wrist wraps with a thumb strap are permitted.

Thumb loops must be removed from any finger before performing the lift.

Wrist wraps may not be positioned more than six inches above the center of the wrist joint.

Wrist wraps may not touch the elbow.

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## **9.14 Knee Wraps**

Knee wraps may not exceed three meters in length and eight centimeters in width.

As an alternative, elastic knee supports up to thirty centimeters in length may be worn.

A combination of wraps and knee supports is not permitted.

Knee wraps may not touch socks or the lifting suit.

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## **9.15 General Rules Regarding Wraps and Taping**

Wraps may not be worn anywhere else on the body except as specifically permitted under these rules.

The use of adhesive taping, including but not limited to kinesiology tape, K Tape, or similar products, is not permitted anywhere on the body during competition.

The only exception is single-layer neoprene elbow warmers, which are permitted in the squat and deadlift but are not permitted in the bench press.

Duct tape may be applied over the shins during the deadlift solely to protect the barbell and platform from blood. No supportive or performance-enhancing benefit may be gained from the use of duct tape.

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## **9.16 Equipment Check**

Competitors must be briefed during the rules meeting on legal and illegal attire and equipment.

There are no formal equipment checks.

It is the lifter's responsibility to attend the rules meeting and comply with all equipment requirements.

The rules briefing must begin no earlier than one hour prior to lifting and no later than thirty minutes prior to the start of the competition.

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# **10. Personal Equipment: Raw**

## **10.1 Singlet**

### **10.1.1 Mandatory Use**

- All raw lifters are required to wear a wrestling singlet when attempting the squat, bench press, and deadlift at any sanctioned competition
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### **10.1.2 Definition of Singlet**

A wrestling singlet is a one-piece, close-fitting garment made of stretch fabric, commonly nylon, polyester, or Lycra, that covers the torso and upper thighs

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### **10.1.3 Construction and Fit**

- The singlet must be sleeveless with two shoulder straps.
  - No openings are permitted other than head, arm, and leg openings.
  - The singlet must not touch or extend past the knee.
  - The singlet must not come into contact with knee sleeves or knee wraps.
  - The singlet must be worn under all lifting belts.
- 

### **10.1.4 Velcro Shoulder Straps**

- If Velcro shoulder straps are used, they must be securely fastened before stepping onto the platform.
  - If a strap becomes unfastened during an attempt, the lift shall be declared no lift.
  - If the head referee determines the straps provide an advantage, the lifter may be required to change singlets before continuing.
- 

### **10.1.5 Coverage and Material**

- The singlet must fully cover the torso from the shoulders to the top of the thighs.
  - The material must be opaque.
  - No undergarments, skin, or body outlines may be visible through the singlet.
  - No mesh panels, sheer fabric, cutouts, or alterations are permitted.
- 

### **10.1.6 Undergarments**

- Standard athletic undergarments may be worn beneath the singlet.
  - A plain cotton T-shirt may be worn under the singlet.
  - T-shirt sleeves may extend under the singlet straps.
  - No garment may extend beyond the singlet leg openings.
  - Undergarments must not display visible writing, logos, or markings through the singlet.
- 

### **10.1.7 Prohibited Modifications**

- No cuts, slits, or alterations are permitted.
  - The singlet may not be cut at the neck.
  - The singlet may not be altered to accommodate a lifting belt.
- 

### **10.1.8 Enforcement**

- A lifter not wearing an approved wrestling singlet shall not be permitted to attempt any lift.
  - The head referee has final authority on singlet approval.
- 

## **10.2 Socks, Belts, and Footwear**

### **10.2.1 Socks**

There are no restrictions on socks, provided they do not overlap the knee.

Full-length stockings, pantyhose, and tights are not permitted.

### **10.2.2 Belt**

A belt must be worn on the outside of the lifting suit.

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### **10.2.3 Footwear**

Shoes are required for the squat bench press, provided no cleats or spikes are worn.

Shoes are not required for the deadlift. Socks or deadlift slippers are permitted. Bare feet, cleats, and spikes are not permitted.

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## **10.3 Wrist Wraps**

Only one item may be worn per wrist.

Thumb loops must be removed from any finger before performing a lift.

Wrist wraps may not be positioned more than six inches above the center of the wrist joint.

Wrist wraps may not touch the elbow.

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## **10.4 Squat Bench and Deadlift Equipment**

### **10.4.1 Squat and Deadlift Equipment**

Squat equipment is limited to:

- Belt
- Knee wraps
- Knee sleeves
- Wrist wraps

Only a single-layer knee wrap may be worn with a maximum length of three meters.

A combination of knee wraps and knee sleeves is not permitted.

No support may be worn on the elbows or hips.

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### **10.4.2 Bench Equipment**

Bench equipment is limited to:

- Belt
- Wrist wraps

No support may be worn on the elbows or chest.

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### **10.4.3 Deadlift Equipment**

Deadlift equipment is limited to:

- Belt
  - Wrist wraps
  - Neoprene knee sleeves
- 

## **10.5 Equipment Check**

Competitors must be briefed during the rules meeting regarding legal and illegal attire and equipment.

There are no formal equipment checks.

It is the lifter's responsibility to attend the rules meeting and comply with all equipment requirements.

The rules briefing must begin no earlier than one hour prior to lifting and no later than thirty minutes prior to the start of the competition.

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## **11. The Powerlifts and Rules of Performance**

### **11.1 Squat**

The squat shall be performed according to the following rules.

#### **11.1.1 Starting Position**

The lifter must assume an upright position with knees locked, holding the bar horizontally across the posterior deltoids. The hands or fingers must grip the bar. The feet must be flat on the platform.

#### **11.1.2 Start Command**

After removing the bar from the racks, the lifter must establish full control without assistance from the spotters. Once control is demonstrated and the bar is properly positioned, the lifter must wait for the referee's command "SQUAT" before beginning the descent. The descent may not begin prior to this signal.

#### **11.1.3 Depth Requirement**

The lifter must bend the knees and lower the body until the top surface of the thigh at the hip, not the hip joint, is lower than the top of the kneecap. Locking or unlocking the knees after demonstrating control does not constitute a descent. The knees must be locked at the start and completion of the lift. Only one descent is permitted per attempt.

#### **11.1.4 Ascent Control**

The lifter must recover at will from the lowest point of the squat to an upright position with the knees locked. Double bouncing or any downward movement during the ascent is not permitted. Stopping during the ascent is allowed. If the lifter's feet move or control is lost before receiving the audible rack command from the center judge, the attempt is forfeited.

#### **11.1.5 Rack Command**

Once the lifter demonstrates control in the upright position, the referee will give the signal to rack the bar. The signal consists of a backward hand motion and the audible command "RACK."

The lifter must make a legitimate effort to return the bar to the rack. If the lifter loses footing and drops the weight after receiving the rack signal while making a legitimate effort, the attempt will be granted. If the lifter deliberately drops or dumps the bar, the lifter will be disqualified from the competition.

#### **11.1.6 Platform Orientation**

The lifter must face the front of the platform throughout the lift.

#### **11.1.7 Spotter Limits**

A minimum of two and a maximum of six spotters may be on the platform at any time.

At the request of the lifter, one additional spotter per side may be permitted, for a maximum total of seven spotters. This consists of three spotters on each side of the bar and one designated back spot person.

Spotters must be positioned so they do not block or obstruct the view of any judge. If a judge's view is obstructed, the lift may be invalidated.

Approval of additional spotters and their positioning is at the discretion of the Meet Director.

#### **11.1.8 Spotter Error**

If an attempt fails due to an error by one or more spotter loaders, the lifter may be granted an additional attempt at the same weight.

#### **11.1.9 Bar Contact**

The lifter may not hold the collars, sleeves, or plates at any time during the lift. The edge of the hands gripping the bar may contact the inner surface of the bar sleeve.

#### **11.1.10 Attempt Limit**

Only one legitimate effort is permitted per attempt.

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## **11.2 Causes for Squat Disqualification**

### **11.2.1 Missed Commands**

Failure to wait for and observe the center referee's start command prior to beginning the descent, or failure to observe the center referee's rack signal at the completion of the lift.

### **11.2.2 Double Descent**

Double bouncing, more than one recovery attempt at the bottom of the lift, or any downward movement once the ascent has begun.

### **11.2.3 Lockout Failure**

Failure to assume an upright position with knees locked at the start or completion of the lift.

### **11.2.4 Insufficient Depth**

Failure to bend the knees and lower the body until the top surface of the thigh at the hip is lower than the top of the kneecap.

### **11.2.5 Spotter Contact**

Contact with the bar by the spotter loaders between the start of the descent and the referee's rack signal, except where lifter safety is involved.

### **11.2.6 Elbow Contact**

Contact of the elbows or upper arms with the legs.

### **11.2.7 Rack Failure**

Failure to make a legitimate effort to return the bar to the racks.

### **11.2.8 Bar Dumping**

Intentionally dropping or dumping the bar.

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## **11.3 Bench Press**

The bench press shall be performed according to the following rules.

### **11.3.1 Bench Orientation**

The rack end of the bench must be placed on the platform facing the center referee.

### **11.3.2 Setup Assistance**

While the lifter is positioning himself or herself on the bench, only one teammate may assist. This assistant may help with final belt adjustment.

### **11.3.3 Handoff Limits**

When assisting the lifter in taking the bar, the handoff person may make contact with the lifter's bicep and/or wrist wraps. If the lifter is not wearing wrist wraps, the assistant's hands must remain in contact with the lifter's hands.

#### **11.3.4 Starting Position**

The lifter must assume a starting position lying on the back with shoulders and buttocks in contact with the flat bench surface. Both feet must be on the floor.

#### **11.3.5 Foot Support**

To achieve firm footing, the lifter may use plates or blocks to raise the surface of the platform. Some portion of each foot must remain in contact with the surface at all times.

#### **11.3.6 Spotter Limits**

A minimum of two and a maximum of six spotter loaders may be on the platform. The lift off must be released at arms' length and not while the bar is descending to the chest. The lifter may use his or her own handoff person, who may remain on the platform as an additional spotter, provided the judges' view is not obstructed.

At the request of the lifter, one additional spotter per side may be permitted, for a maximum total of seven spotters. This consists of three spotters on each side of the bar and one designated hand off person.

Spotters must be positioned so they do not block or obstruct the view of any judge. If a judge's view is obstructed the lift may be invalidated.

Approval of additional spotters and their positioning is at the discretion of the Meet Director.

#### **11.3.7 Grip Width**

The lifter's grip width may not exceed the bar's knurl marks, commonly referred to as rings. The lifter's forefingers must not be placed outside or beyond the rings. This applies to standard, reverse, and thumbless grips. The rings represent the maximum allowable grip width of 81 cm or 32 inches.

#### **11.3.8 Thumbless Grip**

If a thumbless grip is used, the lifter assumes all responsibility for any injury or liability to himself or herself or anyone on the platform. If the lifter cannot demonstrate safe control of the bar using a thumbless grip, any platform judge may require the lifter to change grips for remaining attempts. Failure to comply will result in forfeiture of remaining attempts.

#### **11.3.9 Start Conditions**

The bench press attempt shall not begin until all spotters' hands are completely off the bar and the lifter's elbows are fully locked.

#### **11.3.10 Chest Pause**

After receiving the bar at arms' length, the lifter must lower the bar to the chest in a controlled manner and hold it motionless while awaiting the referee's signal.

#### **11.3.11 Press Command**

The referee's signal to begin the press is the audible command "PRESS" which will be given when the center of the bar is motionless on the chest.

#### **11.3.12 Completion**

After the press command is given, the bar must be pressed upward to straight arms' length with elbows locked and held under control until the audible "RACK" command is given.

#### **11.3.13 Uneven Extension**

During the ascent, uneven extension of the arms is permitted, provided the difference does not exceed 5 inches. At completion, both arms must be fully locked-out simultaneously and evenly.

#### **11.3.14 Bar Movement**

The bar may stop during upward movement but may not move downward at any time.

#### **11.3.15 Head Movement**

Head movement is permitted, including turning or raising the head.

#### **11.3.16 Foot Movement**

The feet may move in any direction but may not slide or lose contact with the floor.

#### **11.3.17 Buttocks Contact**

The buttocks must remain in contact with the bench surface throughout the entire range of motion.

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### **11.4 Causes for Bench Press Disqualification**

#### **11.4.1 Missed Commands**

Failure to observe the referee's signals at the start or completion of the lift.

#### **11.4.2 Body Contact**

Raising the buttocks from the bench surface or losing contact of either foot with the floor.

#### **11.4.3 Excess Assistance**

Being assisted by more than one person during gear adjustment or setup.

#### **11.4.4 Heaving or Bouncing**

Heaving or bouncing the bar off the chest. Heaving or bouncing is defined as any excessive downward movement of the bar after the "PRESS" command is given.

#### **11.4.5 Bar Sinking**

Allowing the bar to sink into the chest after receiving the "PRESS" command.

#### **11.4.6 Uneven Lockout**

Uneven extension of the bar at completion of the lift. An exception may be granted only if the lifter has a legitimate physical handicap disclosed to the referees immediately following rules briefing and prior to the start of lifting.

#### **11.4.7 Downward Movement**

Any downward movement of the bar or either hand once the "PRESS" command has been given.

#### **11.4.8 Upright Leverage**

Incidental contact between the bar and the uprights is permitted. Deliberate use of the uprights for leverage will result in disqualification of the lift.

#### **11.4.9 Foot on Bench**

Contact of the lifter's feet with any part of the bench.

#### **11.4.10 Spotter Assistance**

Assistance from spotter loaders with the bar between the referee's "PRESS" and "RACK" commands.

#### **11.4.11 Handoff Obstruction**

Failure of the lifter to ensure the handoff person clears the bench area in front of the referee prior to the start of the lift.

#### **11.4.12 Soft Start**

Soft starts in the bench press are defined as follows and will result in disqualification of the attempt.

##### **11.4.12.1 Unlocked Start**

Failure to begin the lift with the arms fully locked prior to lowering the bar to the torso.

##### **11.4.12.2 Hands on Bar**

Commencing the lift while the handoff person's hands are still in contact with the bar.

##### **11.4.12.3 Assisted Descent**

Assistance by the handoff person in lowering the bar into a more advantageous starting position, thereby bypassing the locked-out start position.

##### **11.4.12.4 Enforcement Procedure**

Upon observing a soft start infraction, the center referee will disqualify the attempt and instruct the spotters to take the bar. The scoring table will be notified of the infraction. The attempt is forfeited and the lifter may continue if attempts remain.

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## **11.5 Deadlift**

The deadlift shall be performed according to the following rules.

### **11.5.1 Bar Position**

The bar must be positioned horizontally in front of the lifter's feet. The lifter must grip the bar and lift it upward in one continuous movement until standing erect. The bar may stop during the lift, but no downward movement is permitted. The lifter must face the front of the platform.

### **11.5.2 Completion Position**

At completion of the lift, the lifter must be standing erect with knees locked and hips fully locked. The shoulders must not be forward or rounded. The shoulders are not required to be thrust back beyond the erect position. If they are thrust back and all other requirements are met, the lift will be considered good.

### **11.5.3 Down Command**

The lifter must maintain the finished position with hips and knees locked and shoulders in the proper position until receiving the center referee's signal. The signal consists of a downward motion of the hand and the audible command "DOWN." The signal will not be given until the bar is held under control and the lifter is in the completed position.

### **11.5.4 Attempt Definition**

Any raising of the bar or deliberate attempt to raise the bar will count as an attempt.

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## **11.6 Causes for Deadlift Disqualification**

### **11.6.1 Downward Movement**

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

### **11.6.2 Failure to Erect**

Failure to stand erect with the shoulders and hips in the finished position.

### **11.6.3 Knee Lock**

Failure to lock the knees straight at the completion of the lift.

### **11.6.4 Thigh Support**

Supporting or resting the bar on the thighs during the performance of the lift.

### **11.6.5 Early Descent**

Lowering the bar before receiving the center referee's "DOWN" signal.

### **11.6.6 Bar Control**

Allowing the bar to return to the platform without maintaining control with both hands or deliberately dropping the bar after the referee's signal.

## **11.7 Referee Command Error**

If a required command is not issued due to referee error, and the lifter performs the lift in full compliance with all other applicable rules, the attempt shall not be judged as a failed lift.

In such cases, the lifter shall be granted a restart of the attempt at the same weight once the platform is reset and the error has been corrected.

A lifter shall not be penalized for failure to observe a command that was not given.

This provision applies to all required commands for the squat, bench press, and deadlift.

*This provision applies only when the absence of the command is solely attributable to referee error and not to lifter anticipation, misconduct, or failure to follow issued commands.*

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## **12. Conduct and Enforcement**

### **12.1 Authority of Officials**

All sanctioned competitions shall be conducted under the authority of the Metal Militia Powerlifting Federation.

All officials appointed by the Federation have the authority to interpret and enforce these rules during competition.

The head referee and Meet Director have authority over all rulings, interpretations, and enforcement decisions for the duration of the event.

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### **12.2 Compliance**

All lifters, coaches, handlers, officials, staff, and spectators are required to comply with all Federation rules, meet procedures, and official instructions while present at a sanctioned competition.

Participation in a sanctioned competition constitutes agreement to comply with all Federation rules and decisions.

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### **12.3 Official Instructions**

Failure to follow the instructions of referees, Meet Directors, or platform officials may result in warnings, loss of attempts, disqualification, or removal from the competition venue.

Repeated noncompliance may result in immediate enforcement action.

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## **12.4 Equipment Compliance**

All personal equipment must comply with the Federation equipment rules applicable to the lifter's division.

Equipment approval is at the discretion of the head referee.

Any equipment deemed illegal, unsafe, or noncompliant must be corrected before the lifter may continue.

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## **12.5 Safety and Interference**

Any action deemed unsafe by officials may result in immediate corrective action or removal from competition.

Spotter or loader interference that assists the lifter during an attempt shall result in a no lift unless safety intervention is required.

A safety intervention by spotters or officials immediately ends the attempt and the attempt shall count unless an additional attempt is explicitly granted due to official or equipment error.

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## **12.6 Timing and Attempts**

Lifters must follow all timing rules and attempt procedures as directed by meet officials.

Failure to take an attempt within the allotted time or failure to be present when called may result in forfeiture of the attempt.

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## **12.7 Ties**

Ties in placing shall be resolved according to Federation scoring procedures.

If unresolved, ties may remain unbroken unless otherwise specified by meet rules or award criteria.

## 12.8 Final Authority

All enforcement and conduct decisions made during competition are final for the duration of the event.

No appeals shall be heard during an active competition.

Appeals may be submitted only after the conclusion of the event in accordance with Federation procedures.

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## 12.9 Lubricants, Powders, and Foreign Substances

No foreign substance may be applied to the competition platform or to any competition equipment.

The use of oil, grease, or any other lubricant on the body lifting suit or personal equipment is prohibited.

Spray stickum may be applied only to the lifter's suit from the shoulder blades upward. Application below the shoulder blades is prohibited.

Powdered substances, including chalk, talc, resin, magnesium carbonate, baby powder, and pool hall block chalk, are permitted.

Baby powder may be applied anywhere on the body, except the hands, and only in **designated areas** as determined by the Meet Director. The Meet Director retains the authority to restrict or prohibit the use of talcum powder.

Water may be used as a lubricant for the deadlift only **and** only when supplied by the Meet Director in a spray bottle.

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## 12.10 Barbell Cleaning and Platform Safety

If blood, moisture, or any foreign substance is present on the barbell knurling sleeves or platform surface, the barbell and affected area shall be cleaned before the next attempt.

The responsibility for cleaning the barbell and platform rests with the loaders and platform staff under the direction of the Meet Director or Head Referee.

Competition flow may be paused as necessary to ensure athlete safety and equipment integrity.

Failure to properly clean the barbell or platform before continuing may result in delayed attempts or further enforcement action at the discretion of the Head Referee.

If an attempt is interrupted or fails due to malfunction of equipment or platform infrastructure, the Meet Director or Head Referee may grant an additional attempt at the same weight.

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## **12.11 Bar Replacement**

A bar in use on an active platform may not be replaced during competition.

Replacement may occur only if unanimously agreed upon by all lifters affected by the equipment change. Any replacement bar must meet the approved bar requirements and must be authorized by the Meet Director and Head Referee, and must match the approved model or an approved equivalent.

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## **12.12 Referee Visual Inspection**

After a successful record attempt, referees are required to visually inspect the lifter's attire and equipment.

If illegal equipment or attire is discovered, the record is disallowed.

If the violation is intentional or egregious, further action may be taken.

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## **12.13 Faults Caused by Spotters**

### **12.13.1 Personal Spotters**

A lifter may use his or her own spotters.

### **12.13.2 Spotter Interference**

If a lifter's spotter or spotters interfere with the judges' ability to clearly observe and accurately judge the lift, the attempt will be disqualified.

If a referee's ability to judge an attempt is compromised due to obstruction or interference by a spotter or loader, and such obstruction is not caused, directed, or encouraged by the lifter, the attempt shall not be judged as a failed lift.

In such cases, the lifter shall be granted an additional attempt at the same weight once the platform is corrected and proper visibility is restored.

If obstruction or interference is perceived by the judge to be intentional, strategic, or directed by the lifter, including instructing or positioning spotters to block the view of officials or otherwise impede judging, the attempt shall be ruled a failed lift.

Intentional obstruction intended to gain a competitive advantage shall be considered unsportsmanlike conduct and cheating and shall result in immediate failure of the attempt and referral to the Meet Director for disciplinary action, which may include removal from the competition.

All disciplinary actions shall be enforced by the Meet Director in accordance with Federation procedures.

### **12.13.3 Platform Obstruction**

If platform personnel impede the judges' view, the lifter will be granted an additional attempt.

### **12.13.4 Additional Attempt Timing**

The additional attempt will be taken at the end of the round. If the lifter is following himself or herself, the lifter will be granted no less than 3 minutes and no more than 8 minutes before attempting the weight.

### **12.13.5 Authority to Grant**

The decision to grant an additional attempt due to obstruction of a referee's view shall be made by the Meet Director or Head Referee.

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## **12.14 General Rules of the Three Lifts**

### **12.14.1 Attempt Submission**

After each attempt, the lifter has 2 minutes to submit the next attempt to the expediter or scorer's table. Failure to do so may result in forfeiture of that attempt.

### **12.14.2 Attempt Initiation**

Once the bar is announced as loaded, the lifter has 2 minutes to initiate the attempt. Failure to do so may result in forfeiture of that attempt.

### **12.14.3 Following Oneself**

If a lifter is required to follow himself or herself, the executive in charge will grant a rest period of no less than 3 minutes and no more than 8 minutes.

### **12.14.4 World Record Fourth Attempts**

For World Record fourth attempts, the final 5 lifters in a flight will be granted the same rest privileges as lifters following themselves.

### **12.14.5 Flight Adjustment**

If a subsequent flight is scheduled after a flight containing World Record fourth attempts, the Meet Director may elect to move those fourth attempts into the following flight.

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## **12.15 Lifter Tie**

### **12.15.1 Bodyweight Difference**

If two lifters have the same total and different bodyweights, the lighter lifter will be awarded first place and the heavier lifter second place.

### **12.15.2 Reweigh Procedure**

If two lifters have the same total and the same bodyweight at the initial weigh-in, the lifters will be reweighed. The lighter lifter will be awarded first place. The reweigh is permitted only for tie resolution and does not change weight class.

### **12.15.3 Shared Placement**

If both lifters have the same bodyweight after the reweigh, the lifters will share first place.

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## **12.16 Warmup Area Conduct**

The warmup area is a shared space and must be used in a manner that allows fair and reasonable access for all competitors.

No lifter or coach may monopolize warmup equipment or platforms in a manner that interferes with another lifter's ability to prepare for attempts.

The Meet Director or Head Referee has full authority to manage warmup area usage, resolve disputes, and assign or reassign equipment as necessary to ensure fair access and competition flow.

Failure to comply with warmup area instructions may result in warnings, loss of warmup privileges, or further enforcement action under Section 12 Conduct and Enforcement.

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## **12.17 Lifter Responsibility for Commands**

Lifters are responsible for knowing and understanding all start, press, rack, and down commands applicable to each lift.

Failure to understand or respond correctly to referee commands shall not be grounds for appeal or protest.

It is the responsibility of the lifter to attend the rules briefing and seek clarification of commands prior to competition.

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## **13. Disqualification from Competition**

### **13.1 Equipment Violations**

A lifter may be disqualified from competition for the use of equipment that does not comply with Federation rules.

If illegal or unsafe equipment is identified, the lifter must correct the violation before continuing.

Failure or refusal to correct an equipment violation may result in immediate disqualification.

---

### **13.2 Bombing Out**

A lifter who fails all three attempts in any one lift shall be eliminated from further competition.

A lifter who bombs out shall not receive a total placing.

Individual lift records achieved prior to bombing out may stand, provided all record requirements were met.

---

### **13.3 Platform Conduct**

A lifter may be disqualified for conduct on or near the platform that disrupts competition flow, compromises safety, or undermines judging authority.

This includes, but is not limited to, failure to follow commands, interference with officials, or repeated procedural violations.

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### **13.4 Injuries**

If a lifter is injured during competition and is unable to continue safely, the Meet Director or head referee may remove the lifter from further attempts.

An injury-based removal is not disciplinary in nature.

The Meet Director has final authority to determine whether continuation presents a safety risk.

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### **13.5 Misconduct**

Misconduct includes unsportsmanlike behavior, abusive language, intimidation, or disrespect toward officials, staff, competitors, or spectators.

Repeated or severe misconduct may result in immediate disqualification.

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### **13.6 Assault**

Any physical assault, threat of violence, or deliberate act endangering others shall result in immediate disqualification and removal from the venue.

Law enforcement may be contacted at the discretion of the Meet Director or Federation officers.

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### **13.7 Effect of Disqualification**

A disqualified lifter shall forfeit all remaining attempts.

Completed lifts may be voided at the discretion of the Meet Director or head referee.

Disqualification decisions made during competition are final for the duration of the event.

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### **13.8 Appeals**

No appeals shall be heard during an active competition.

All appeals must be submitted after the conclusion of the event to the Metal Militia Powerlifting LLC Home Office under the authority of the President.

The President shall issue final determinations on all appeals.

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## 14. Officials and Staff

### 14.1 General Duties and Standards

All referees **shall** act impartially and apply Federation rules equally to all lifters.

There **shall** be three referees on the platform for all lifts, consisting of one center referee and two side referees.

Referees **shall not** engage in coaching, advising, or influencing lifters.

---

### 14.2 Scope of Referee Authority

Referees **shall** be responsible only for judging the validity of lifts and for immediate safety intervention.

Referees **shall not** issue disqualifications, suspend sanctioning, remove individuals from the venue, or overturn Meet Director decisions.

All disciplinary authority **shall** rest with the Meet Director.

---

### 14.3 Center Referee Responsibilities

The center referee **shall** issue all required verbal and visual commands for the squat, bench press, and deadlift.

The center referee **may** disqualify a squat for depth only if the lift is flagrantly high.

The center referee **shall** control the timing of commands and ensure lifter compliance before signaling completion of an attempt.

---

### 14.4 Side Referee Responsibilities

Side referees **shall** judge all aspects of the lift within their field of view.

Side referees **may** position themselves as needed to obtain the clearest possible view of the lift.

Side referees **shall not** reposition during an active attempt.

---

## 14.5 Head Referee

The Meet Director **shall** appoint a Head Referee.

The Head Referee **shall** oversee referee performance, platform safety, and spotting and loading operations.

The Head Referee **shall** report directly to the Meet Director.

The Head Referee **may** remove a referee from judging duties at that competition only for failure to perform judging responsibilities or for safety concerns.

Removal by the Head Referee **shall not** revoke referee certification.

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## 14.6 Referee Qualifications

All referees **must** have passed the required written and practical examinations.

Use of an uncertified referee **shall** be reported immediately to the Home Office.

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## 14.7 Referee Positioning and Visibility

Referees **shall** position themselves to maintain an unobstructed view of the lifter throughout the attempt.

Spotters and loaders **must** position themselves so as not to obstruct referee visibility.

If obstruction occurs through no fault of the lifter, the Meet Director **may** grant an additional attempt.

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## 14.8 Referee and Spotter Interaction

Referees **shall not** communicate with spotters or loaders during an active attempt, except in an emergency.

Referees **may** halt a lift immediately if safety is compromised.

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## 14.9 Indicating Faults and Decisions

Referees **shall** indicate decisions using lights only at the completion of the lift.

Referees **shall not** signal or communicate faults verbally during the attempt.

Referees **shall not** influence one another's decisions except in cases of immediate safety risk.

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## 14.10 Informing Lifters of Infractions

Referees **may** explain the reason for red lights only after the lifter completes the current round within their flight.

Explanations **shall** be brief and **shall not** interrupt competition flow.

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## 14.11 Non-Influence Clause

Referees **shall not** attempt to influence the decisions of other referees at any time.

Favoritism bias or selective enforcement **shall not** be tolerated.

All lifts **shall** be judged equally.

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## 14.12 Referee Communication

Referees **may** consult with one another or other officials only to expedite competition flow or correct procedural errors.

A lifter **shall not** be penalized for an official error and **shall** receive the benefit of correction.

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## 14.13 Referee Dress Code

Referees **must** wear the official MMP referee shirt.

If an official referee shirt is unavailable, a Metal Militia shirt **must** be worn.

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## 14.14 Appeals

No appeals **shall** be heard during an active competition.

All appeals **must** be submitted after the conclusion of the event to the Metal Militia Powerlifting LLC Home Office acting under the authority of the President.

The President **shall** issue final determinations on all referee related appeals.

## 15. Spotters and Loaders

### 15.1 General

Spotters and loaders play a critical role in lifter safety and competition flow. All spotters and loaders must perform their duties with focused professionalism and awareness at all times.

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### 15.2 Qualifications

Spotters and loaders must have successfully completed the required written and practical examinations administered by a Chapter President or the Head Official.

Only qualified and approved individuals may serve as spotters or loaders at an MMP-sanctioned competition.

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## Change Log Section

### Change Log

Version 2.0 – January 2026

- Complete structural rewrite and reorganization
- Standardized judging commands across all lifts
- Clarified referee authority and enforcement procedures
- Updated equipment standards for raw and geared divisions
- Added explicit edge case and safety coverage
- Locked section numbering and formatting

Future entries follow this exact format:

Version

Date

Bullet list of changes only

No explanations or commentary

# Appendices

- A. Approved Formulas
- B. Certification Requirements
- C. Video and Record Review Procedures
- D. Administrative Forms and Worksheets

## Video Review Camera Angle Requirements

When video is submitted for review or used to assist officiating, the following camera angle requirements shall apply.

### **Squat**

The camera shall be positioned from the side judge angle.

The video must clearly show depth and the completion of the ascent.

### **Bench Press**

The camera shall be positioned from the side judge angle.

The video must clearly show:

- Continuous buttocks contact with the bench
- Touching of the bar to the chest or abdomen as required
- Full lockout at the completion of the lift

### **Deadlift**

The camera shall be positioned straight ahead of the lifter.

The video must clearly show knee lockout, hip position, and full control at the top of the lift.

Videos not meeting these angle and visibility requirements may be deemed insufficient for review.