

# **Metal Militia Powerlifting**

## **Official Meet Rules**



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# GENERAL MEET RULES

## 1. The Metal Militia Powerlifting Federation (MMP) recognizes the following lifts:

### A. Lifts and Sequence

1. Squat
2. Bench
3. Deadlift
4. 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 judges.

Each of the three lifts must follow the same sequence as noted above in all competitions conducted under MMP rules.

### B. Sanctioned Validity for Competition and Lifts

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

Lifters may not change his/her category (division/subdivision) selection after the meet is completed and the awards are dispersed.

## 2. The MMP recognizes and registers MMP world records within the following categories:

1. **Teenage:** up to 13, 14-15, 16-17, 18-19 (Amateur Equipped, Professional Equipped, Raw Amateur, Raw Pro)
2. **Junior:** 20-23 (Amateur Equipped, Professional Equipped, Raw Amateur, Raw Professional)
3. **Open:** 20 and older (Amateur Equipped, Professional Equipped, Raw Amateur, Raw Professional).
4. **Submaster:** 33-39 (Amateur Equipped, Professional Equipped, Raw Amateur, Raw Professional)
5. **Master:** 40-44, 45-49, 50-54, 55-59, 60- 64, 65-69, 70-74, 75-79, 80+ (Amateur Equipped, Professional Equipped, Raw Amateur, Raw Professional)
6. **Men's Special Athletes**

### 3. Body Weight Categories

<u>Men's</u>		<u>Women's</u>	
<u>Kilograms</u>	<u>Pounds</u>	<u>Kilograms</u>	<u>Pounds</u>
52	114.5	0-44	97.0
56	123.25	48	105.75
60	132.25	52	114.5
67.5	148.75	56	123.25
75	165.25	60	132.25
82.5	181.75	67.5	148.75
90	198.25	75	165.25
100	220.25	82.5	181.75
110	242.5	90	198.25
125	275.5	90.01 –unlimited	SHW
140	308.5		
140.01-unlimited	SHW		

### 4. Composition of a Team

Each registered MMP Team may submit a minimum of five (5) 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.

### 5. Team Points Scoring

Will be determined by meet director, Score will be determined by coefficient or Hi Low Points.

### 7. The “Rounds System” will be used at all MMP meets.

In the “Rounds System,” lifters are broken up into small groups of 10-15 lifters (flights). Each lifter in each flight will take all three attempts before the next flight lifts. Each lifter within a flight will take their first attempt as the bar is progressively loaded from the lowest opener to the highest opener. The bar will then be stripped back down to the lowest second attempt and all lifters in the flight will take their second attempt. The same applies for the third attempt. Once the first flight has completed all three attempts, then if there is another flight, they will follow the same procedure until all groups have finished.

### 8. Weight Calibration

The Meet Director decides whether to use pound or kilogram weights in the meet. For national and international meets, platform weights must be weight certified within 30 days of the meet. A certified weigh-in scale must be provided at all meets where World, National, and All-Time records will be attempted. Verification of scale certification must be sent to the home office.

### 9. Special Rules

There are certain exceptions for high school, prison or Special Olympic meets: Standard mandatory equipment is optional. Shoes, snug fitting shorts, and t-shirts **can** be worn.

## **EQUIPMENT AND SPECIFICATIONS**

**All equipment must be preapproved by MMP Executive Staff**

### **1. Platform**

The platform must be 12 ft. x 12 ft. constructed of wood covered with full-loop, firmly secured low pile rug or non-slip rubber for a full powerlifting meet, and 8 ft. x 8 ft. for single and double lift meets (except for squat meets when the platform must be 12 ft. x 12 ft.). Only the lifter, designated spotters, loaders and referees are allowed on the competition platform. 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 specialty bars to include a squat-specific bar, bench-specific bar, and a deadlift-specific bar (with no center knurling). T

### **3. Collars**

Collars will always be used. They each must weigh 2.5 kg. or 5 lbs. so that the total weight of the bar with collars is 25kg or 55 lbs., or heavier with collars if using the squat- or bench-specific bar.

### **4. Plates**

Plates will range from 1.25 kg. - 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**

A monolift-type squat rack is required on the competition platform for local, state, National, and World meets. At least one (1), or as many as needed, are required in the warm-up area based on the number of participants.

### **6. Bench**

The bench shall be of sturdy 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. The width shall be 29-32 cm. (11.42 inches to 12.6 inches).
- B. Height- Max height 18.75 inches measured from the floor to the top of the padded surface of the 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.
- C. Maximum width between insides of bar rests 1.10m. (3 feet – 7-1/8 inches).

### **7. Lights**

A system of lights must be provided whereby the referees make known their decisions. Each referee will

## **PERSONAL EQUIPMENT – For “Geared” Lifting**

1. A **One-Piece Suit** is required for all meets except those earlier excluded. The lifting suit leg may not touch any part of the knee or knee wrap. There is no restriction on the thickness or type of material as long as it is one suit. Squat briefs are allowed.

## 2. **Bench Shirts**

**Bench shirt sleeves** may not cover the elbows. There is no restriction on the thickness or type of material as long as it is one shirt. **All referees may require that bench shirts deemed hazardous to the safety of the lifter be removed/replaced or adjusted on the body before the any lifting attempts take place.** Men may wear a tee shirt or tank shirt under the bench shirt, though it is not required. Women must wear a sports bra, tee shirt or tank shirt under the bench shirt. No long sleeve shirts are allowed under a bench shirt.

**The bench shirt sleeve shall be set above the elbow and visible to all judges before, during, and after the lift is completed. If the shirt cannot be set above the elbow before the start of the lift, the lifter will return to the end of the flight and be allowed to take his/her attempt with the shirt pulled properly above the elbow.**

**Judges have the right to pull the barbell from any competitor for the safety of the lifter. The lifter has the right to return at the end of his/her flight and fully demonstrate that they can physically handle the attempted weight.**

**Bench Bands – Bench Freak, BenchDaddy, Slingshot or similar bench assistance apparatuses may be used, but only if they are sewn together in the form of a shirt. The “band shirt” must reach down to the waist in length and must not cover the elbows.**

3. **Socks** - There are no restrictions as long as they do not overlap the knee and they may not touch the knee wrap in the standing position. Contact in the down squat position is acceptable. Full-length leg stockings, pantyhose or tights are forbidden.

4. **Tee Shirts** - tank tops or any other type of short sleeve pullover shirt (sleeve is above the elbow) may be worn. Any emblem or logo may be displayed on a shirt as long as it is not obscene or profane.

5. A **Belt** must be worn on the outside of the lifting suit. There are no other restrictions, including material construction of the belt. The belt may be worn under a singlet only if the belt is visible (i.e. cut down the center)

6. **It is not required to wear shoes** during all lifts. Bare feet or deadlift slippers or are considered acceptable footwear. No cleats or spikes are permitted.

7. **Wrist wraps:** Only one wrap is allowed on each wrist. Velcro wrist wraps with thumb strap may be worn. Thumb loops on wrist wraps must be removed from any finger before executing the lift. The wrist wrap may not be located more than 6 inches above the wrist. Wrist wraps may not touch the elbow.

8. **Knee wraps:** Knee wraps may not touch the socks or the lifting suit in the standing or down position.

9. **General Rules:** Wraps are not allowed to be worn anywhere else on the body with the exception of single layer neoprene elbow warmers in the squat and deadlift, ***but not in the bench press.***

10. **Competitors shall be briefed at the rules meeting regarding attire and equipment** considered legal or illegal. There are no equipment checks. It is the responsibility of the lifter to attend the rules meeting to learn what is considered legal. 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.

## **PERSONAL EQUIPMENT - For "RAW" Lifting**

1. **A one-piece singlet** must be worn for all meets except those earlier excluded.
2. **Socks** - There are no restrictions as long as they do not overlap the knee. Full-length leg stockings, pantyhose, and tights are forbidden.
3. **Tee shirts** - tank tops or any other type of short sleeve pullover shirt (sleeve is above the elbow) may be worn. Any emblem or logo may be displayed on a shirt as long as it is not obscene or profane.
4. **A belt** must be worn on the outside of the lifting suit.
5. **It is NOT REQUIRED** to wear **shoes** during all lifts. Deadlift slippers or Socks are considered acceptable footwear. No cleats or spikes are permitted. Bare Feet are not allowed.
6. **Wrist wraps:** Only one item is allowed on each wrist. Thumb loops on wrist straps must be removed from any finger before executing the lift. Wrist wraps may not touch the elbow.
7. **Squat equipment is limited** to belt, knee wraps, knee sleeves, and wrist wraps. A single layer knee wrap can be worn, but any combination of two or more may not be used. No support may be worn on the elbows or hips. **Deadlift equipment is limited** to a belt, wrist wraps and neoprene knee sleeves.
8. **Bench equipment is limited** to belt and wrist wraps. No support may be worn on the elbows or chest
9. Competitors shall be briefed at the rules meeting about legal attire and equipment. There will be no equipment checks. It is the responsibility of the lifter to attend the rules meeting to learn what is legal. The rules briefing shall begin as early as one (1) hour prior, but no later than 1/2 hour prior to starting the competition.

## **GENERAL RULES**

1. No foreign substance may be applied to the platform or equipment.
2. Spray stick-um may be used on the lifter's suit only.
3. 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).
4. Baby powder can be used anywhere on the body **EXCEPT** the hands. Powder shall only be applied in designated areas. The Meet Director reserves the right to disallow the use of talcum powder.

5. Water may be used as lubrication for the deadlift only when provided by the Meet Director in a spray bottle.
6. Bars used on an active platform cannot be replaced during competition for any reason unless unanimously agreed upon by all lifters affected by the change of equipment.

\*\*\*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.

# THE POWER LIFTS AND THE RULES OF PERFORMANCE

## *Rules of the Squat*

1. The lifter must assume an upright position, knees locked, holding the bar horizontally across the posterior deltoids with the hands and/or fingers gripping the bar and the feet flat on the platform.
2. After removing the bar from the racks, the lifter must establish his/her position without assistance from the spotters. The lifter will begin the downward movement **with** a referee Start command signal as soon as the lifter demonstrates control and the bar is in the proper position.
3. 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 the knees after demonstrating control of the weight is not defined as a descent. Knees must be locked at the start and completion of the lift. Only one descent per attempt is allowed.
4. 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. If the lifter's feet move or if the lifter loses control before receiving the audible rack signal from the center judge, the lift is forfeited.
5. When the lifter demonstrates control, 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". The lifter must make a legitimate effort to return the bar to the rack. If the lifter loses his/her footing and drops the weight after receiving the rack signal and making a legitimate effort to return the bar to the rack, he/she will be granted the attempt. If the lifter deliberately drops or dumps the bar the lifter will be disqualified from the **competition**.
6. The lifter shall face the front of the platform.
7. There shall be no more than six (6) or fewer than two (2) spotters on the platform at any time.
8. If failure of an attempt is due to an error by one or more of the spotter/loaders, **the lifter will be given an additional attempt** at the same weight if he/she wishes.
9. The lifter may not hold the collars, sleeves, or plates at any time 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 bar sleeve.
10. The lifter will be allowed one legitimate effort per attempt.
11. MMP World Records can be set or broken at any meet that has a board member judging the attempt

## **Causes for Disqualification**

1. Failure to observe the center referee's signals at the completion of the lift.
2. Double bouncing, 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.
3. Failure to assume an upright position with the knees locked at the start and completion of the lift.



4. Failure to bend the knees and lower the body until the surface of the thigh at the hip is lower than the top of the kneecap.
5. Contact with the bar by the spotter/loaders between the beginning of the descent and the referee's signal, except where a lifter's safety is concerned.
6. Contact of the elbows or upper arms with the legs.
7. Failure to make a legitimate effort to return the bar to the racks.
8. Intentionally dropping or dumping the bar.

**General Rule:** The lifter may utilize his/her own rear spotter for the squat if requested. If a 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 is platform personnel, the lifter will be given another attempt. The additional attempt will be added to the end of the round or if following him/herself the lifter will be given no less than 3 minutes, no more than 8 minutes to attempt the weight.

### ***Rules of the Bench Press***

1. The rack end of the bench press must be placed on the platform facing the center referee.
2. The lifter assumes a starting position on his/her back with head, shoulders, and buttocks in contact with the flat bench surface. His/her feet must be on the floor.
3. To achieve firm footing, the lifter may use plates or blocks to build up the surface of the platform. However, some part of the foot must remain in contact with the surface.
4. No more than six or fewer than two spotters/loaders shall be on the platform. The lift-off must be released at arms-length and NOT while moving down to the chest. If the lifter chooses, he may utilize his own hand-off person who may remain on the spotting platform acting as an additional spotter as long as the judges' view is not impeded.
5. 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 thumbless grip is permissible, providing the distance between the forefingers does not exceed 81 cm.
6. Should the lifter choose to use a thumbless grip the lifter assumes all responsibility for 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 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 thumbless grip to standard or reverse grip, they will forfeit any remaining attempts.
7. After receiving the bar at arms-length, the lifter shall lower the bar touching his chest in a controlled manner and await the referee's signal.

8. The signal is a vocal command of "PRESS" and is given when the center of the bar touches the chest in a controlled manner.
9. After the signal to commence the lift is given, the bar is pressed upward to straight arms-length, elbows locked, and held in control until the audible "RACK" command is given. During the ascent, the bar may be extended unevenly (no more than 5 inches), but arms must extend to a locked-out position simultaneously and evenly at the completion of the lift.
10. The bar is allowed to stop in its upward motion, but is not allowed any downward movement.
11. Head movement is allowed which includes turning or raising the head.
12. The feet may move in any direction without penalty, but may not slide or lose contact with the floor.
13. The buttocks must remain in contact with the flat bench surface during the entire range of motion.
14. MMP World Records can be set or broken at any meet that has a board member judging the attempt.

### **Causes for Disqualification**

1. Failure to observe the referee's signals at the commencement and completion of the lift.
2. Raising the buttocks from the bench press surface or losing foot contact with the floor.
3. Heaving or bouncing the bar off the chest (heaving or bouncing is defined as any excessive downward movement of the bar after the signal to "PRESS" is given).
4. Allowing the bar to sink into the chest after receiving the "PRESS" command.
5. Any uneven extension of the bar at the completion of the lift. An exception to this is if the lifter has demonstrated a legitimate physical handicap to the referees prior to the lift.
6. Any downward movement by either hand once the "PRESS" signal is given.
7. The bar may make incidental contact with the uprights and still be considered a good lift, however, if the lifter uses the uprights deliberately for leverage, the lift is disallowed.
8. Contact of the lifter's feet with any part of the bench.
9. Lifting of the bar by the spotter/loaders between the referee's PRESS and RACK signals.
10. 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.
11. **"Soft Starts"** in the Bench press are defined as follows:
  - A. Lifter fails to start with arms in fully "Locked" position prior to lowering bar to torso.
  - B. Lifter commences the lift with his handoff person's hands still on the bar.
  - C. Lifter's handoff person assists in lowering the bar into a more advantageous starting position thus by passing the "Locked" starting position.

Upon the center referee witnessing a lifter committing one of these infractions, the referee disqualifies the lift and instructs the spotter to "take the bar." The scoring table is informed about the "soft start" infraction. The attempt is forfeited and the lifter may continue if there are any attempts remaining.

### ***Rules of the Deadlift***

1. The bar must be laid horizontally in front of the lifter's feet, gripped with both hands, and lifted upward in one movement until the lifter is standing erect. The bar is allowed to stop, but no downward movement is allowed. The lifter must face the front of the platform.
2. Upon completion of the lift, **the knees shall be locked in a straight position and the lifter shall be standing erect with hips locked**. The shoulders are not to be forward or rounded. The shoulders do not have to be thrust back past the erect position, although, if they are thrust back in such a manner and all other criteria is acceptable, the lift will be considered good.
3. The lifter must stay in this erect position with shoulders back and hips and knees locked until receiving the center referee's signal that is 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 finished position.
4. Any raising of the bar or deliberate legitimate attempt to do so will count as an attempt.

### **Causes for Disqualification**

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 of the Three Lifts**

1. After each attempt, the lifter will have two (2) minutes to submit his/her next attempt to the expeditor or the scorer's table. Failure to do so may result in a forfeiture of that attempt.
2. The lifter will be granted two (2) minutes from the time the bar is announced "loaded" to initiate his/her attempt. Failure to do so within that time period may result in forfeiture of that attempt.
3. 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. MMP World or All-Time Records can be set at any local meet *only* if an official MMP Board Member is actively judging the platform.

## WEIGHING IN

### 1. **MMP 24-Hour Rule**

The MMP has a rule that is optional at most competitions and mandatory at any National or World Championship competition. When using the 24-hour weigh-in rule, the first weigh-in session must 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 he/she 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 blanks.

### 2. **Weigh-In Procedures**

- A. If in an age category, he/she must present proof of age and date of birth with a driver's license or birth certificate. It is a requirement that lifters present his/her MMP Membership Card during weigh-ins. MMP Membership Cards must be purchased in advance online.
- B. Competitors meet must be current MMP cardholders, unless an exception is made prior to the meet by the MMP President. If a sanctioned meet allows non-MMP members to compete (without authorization by MMP President), the sanction for the meet could be voided and lifts not recognized by the MMP.

Lifters must be weighed in the nude or in underwear. A man or woman may conduct weigh-ins 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 weigh-in procedure ensures that all lifters are weighed-in by meet officials (or appointed non-referee representatives). **General Rule:** 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. **A LIFTER'S WEIGHT CANNOT BE ESTIMATED.** If such estimation of body weight is found to be true, all of the lifter's attempts will be forfeited.

### 3. **In case of Lifter's Tie**

If two lifters weigh the same at weigh-in and tie in their totals, the lifter weighing the lightest shall take first place and the heavier lifter second place. If the lifters weigh the same at the initial weigh-in, the lifters will be re-weighed and the lightest will take first place. If both lifters weigh the same after the re-weigh, the lifters will 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.

## ORDER OF COMPETITION

### 1. **The Meet Director appoints the following officials:**

- C. Announcer
- D. Judges
- E. Expeditors
- F. Score Keeper/s
- G. Spotters/Loaders

### 2. **Progressive Loading**

The lifter attempting the lightest weight is first. The bar cannot be reduced in weight once a lift is completed with the weight announced, except in rare situations. It is a necessity that the lifter or his/her coach observe the progressive loading of the bar and be ready for his/her attempt at the chosen weight.

### **3. Attempt Priority Rule**

A lifter taking his/her first attempt must always precede lifters taking their second and third attempts with the same weight. Also, a lifter taking his second attempt must precede lifters taking his/her third attempts with the same weight. All first attempts must be taken in round # 1, all second attempts in round #2, and all third attempts taken in round #3. Fourth attempts may be taken at the end of the third round. **Fourth attempts may only be taken for purposes of setting world records in the Professional and Amateur Open divisions only. It is at the discretion of the Meet Director when considering time constraints whether to allow world 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.

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

In MMP sanctioned competitions, the weight of the barbell must always be a multiple of 5 lbs. (2.5 kg).

#### ***Exception to this Rule:***

**MMP 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.**

### **5. 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, he/she 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.

### **6. General Rules and Reasons for Disqualification**

1. A lifter shall not adjust equipment or wrap knees and wrists within the vicinity of the platform. Only the belt may be adjusted.
2. Three unsuccessful attempts in any lift will automatically eliminate a lifter from the competition. If a lifter set a record in one of the other lifts prior to being eliminated and the proper officials were present, the lifter will be granted the record in that lift. The lifter will be allowed to continue with the competition in another division offered in the meet, (i.e. ironman, bench only, deadlift only) at the Meet Director's discretion.

3. 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.
4. 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.
5. 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 MMP 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 MMP President. Any certified MMP referee who through his/her actions is obviously showing favoritism or bias towards a lifter will be permanently suspended as an MMP referee.
6. If a lifter assaults an official, competitor or spectator, the Meet Director shall notify the MMP in writing within three days of the incident. A written complaint should include the name/s and the lifter/s involved.
7. ***Ramifications of "Cheating"***

Anyone caught cheating outside the rules could be suspended indefinitely

# REFEREES

## 1. **Designation of Platform Referees**

There are three platform referees: one 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 must have a minimum of 3 years of competitive experience in powerlifting. Referee in MMP competition must be given a Referees exam by the meet director prior to the start of any MMP Competition.

## 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. **Referee - Spotter Cooperation**

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 utilize his/her own rear spotter 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 lifter will be given another attempt.**

## 6. **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.

## 7. **Duties of the Referees (See page 17 for Rules and Regulations for Meet Directors)**

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

1. The platform and equipment must comply in all respects with the rules.
2. The scales must work correctly and are certified accurate within the last 12 months.
3. Assure that weigh-ins be 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 MMP member has the right to lodge a formal complaint with the Home Office regarding misconduct, bad refereeing, or any infraction they may have been involved in or witness to at any MMP sanctioned meet.

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

A lifter receiving red lights may approach a referee only at the completion of his/her current lift and at no other time. 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. **To ensure fair judging, any sitting referee who is an MMP Board Member can overturn another referee's judgment if the Board Member deems the call flagrantly unfair.**

#### **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.

#### **12. Referee Dress Code**

Referees will be required to wear the official referee shirt provided by the MMP.

#### **13. MMP Chain of Command**

The **MMP President and Executive Committee** have 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 Executive Committee be unable to settle a discrepancy. The **Executive Committee Members** have the final decision in all discrepancies. They are the governing body for the MMP. The **Executive Referees** are responsible for testing new referees and have final decisions in all meet situations, unless an Executive Board Member is present and is needed to help settle a discrepancy. They are also responsible as described in the prior two (2) pages. The **International Referees** are responsible as described in the prior two (2) pages. 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 home office and to PowerliftingWatch.com and Opepowerlifting.com

#### **14. General Conditions Required for Setting MMP Records**

Records can be set at local meets only if a board member is judging. At national qualifying meets and World

Championships or affiliated federations, world records will be accepted without weighing the barbell after the lift. At this level of competition, the weights must be weighed and marked before the competition begins eliminating unnecessary stops during the competition.

**15. Requirements for Registration of All-Time World Records and MMP Records**

1) MMP World Records can be broken or set at the MMP Worlds and Nationals. Records can be broken or set at MMP sanctioned local meets only if a board member or State Chairman is actively judging and qualified referees are present.

2) **Special Requirements for All-Time World Records:**

**A.** Any lifter entering competition with the intention of breaking an All-Time Record must contact the Meet Director 30 days in advance of the competition. The Meet Director must contact the respective State Chairman who will in turn contact the home office for approval by the MMP President. All-Time World Records must be approved by the Home Office for local meets. All-Time World Records can be broken at any World or National events without Home Office approval.

**B.** In local meets, all weights being used for an All-Time Record attempt must be certified by the State Chairman.

**C.** Any additional expenses incurred by the Meet Director to ensure that the appropriate judges are available at a local meet to judge an All-Time World Record will be reimbursed to the Meet Director by the lifter attempting the record.

**D.** All-Time World Records must be videoed as visual record in case the legitimacy of a lift is questioned. If the judgment of a lift is questioned, the MMP Board of Directors, the State Chairman and the Meet Director will review the lift and determine its legitimacy.

3) A lifter may request a fourth attempt in each lift to set or break an MMP Record when the lifter successfully accomplishes one of the first three attempts in the record lift he/she is trying to set or break (either the squat, bench or dead lift).

## **Referee Dress Code**

Referees will be required to wear the official referee shirt provided by the MMP.

### **16. MMP Chain of Command**

The **MMP President and Executive Committee** have 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 Executive Committee be unable to settle a discrepancy. The **Executive Committee Members** have the final decision in all discrepancies. They are the governing body for the MMP. The **Executive Referees** are responsible for testing new referees and have final decisions in all meet situations, unless an Executive Board Member is present and is needed to help settle a discrepancy. They are also responsible as described in the prior two (2) pages. The **International Referees** are responsible as described in the prior two (2) pages. 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 home office and to PowerliftingWatch.com and Opepowerlifting.com

### **17. General Conditions Required for Setting MMP Records**

Records can be set at local meets only if a board member is judging. At national qualifying meets and World Championships or affiliated federations, world records will be accepted without weighing the barbell after the lift. At this level of competition, the weights must be weighed and marked before the competition begins eliminating unnecessary stops during the competition.

### **18. Requirements for Registration of All-Time World Records and MMP Records**

- 4) MMP World Records can be broken or set at the MMP Worlds and Nationals. Records can be broken or set at MMP sanctioned local meets only if a board member or State Chairman is actively judging and qualified referees are present.

#### **5) Special Requirements for All-Time World Records:**

**A.** Any lifter entering competition with the intention of breaking an All-Time Record must contact the Meet Director 30 days in advance of the competition. The Meet Director must contact the respective State Chairman who will in turn contact the home office for approval by the MMP President. All-Time World Records must be approved by the Home Office for local meets. All-Time World Records can be broken at any World or National events without Home Office approval.

**B.** In local meets, all weights being used for an All-Time Record attempt must be certified by the State Chairman.

**C.** Any additional expenses incurred by the Meet Director to ensure that the appropriate judges are available at a local meet to judge an All-Time World Record will be reimbursed to the Meet Director by the lifter attempting the record.

**D.** All-Time World Records must be videoed as visual record in case the legitimacy of a lift is questioned. If the judgment of a lift is questioned, the MMP Board of Directors, the State Chairman and the Meet Director will review the lift and determine its legitimacy.

- 6) A lifter may request a fourth attempt in each lift to set or break an MMP Record when the lifter successfully accomplishes one of the first three attempts in the record lift he/she is trying to set or break (either the squat, bench or dead lift).

## INSURANCE

The MMP and its sponsors do not provide accident, medical or liability insurance for lifters, spectators, or officials at meets or organized training sessions. It is the responsibility of the Meet Directors to secure insurance. The MMP assumes no liability for injury, damages, personal losses or death resulting at a meet. ***Proof of insurance must be provided when applying for a meet sanction.*** Meet Director are responsible to get their own insurance.

## SANCTIONING COMPETITIONS

For a sanction to be granted, the Meet Director must apply for the sanction at least 4 weeks prior to the date of the competition. There should be no other MMP competitions in the area on the date of the competition. All competitors at MMP sanctioned events must be MMP members. The Meet Director must submit the results from the meet to the Home Office within 5 days of the competition date.

## FORMULA USED IN COMPETITIONS

The official formula utilized to determine overall best lifter awards at any MMP sanctioned competition shall be the Schwartz, Wilks, Malone Formula for men and the Malone Formula for women at the discretion of the meet director.

## AMATEUR DRUG TESTING PROCEDURE

The MMP has two divisions: *Professional and Amateur* so all lifters can co-exist under the umbrella of one Association. The **Professional Division**: Standard lifting rules apply (*please see Personal Equipment section of Rule Book*). The division is open to anyone who wants to enter as a Professional, no matter what he or she totals. The *Pro Division* has its own world and state records. Records will be kept in all subdivisions, except for Special Olympics.

## DIVISIONS

**Amateur Division:** Standard lifting rules apply (*please see Personal Equipment section of Rule Book*). The division is open to anyone who wants to enter the Amateur division, no matter what he or she totals. **It is a 100% Drug Free Division.** Any lifter breaking or setting an Open Amateur MMP World Record and/or wins a Best Lifter Award at any meet will be eligible for random drug testing by urinalysis.

Lifters **will be tested for anabolic steroids through the use of urinalysis.** Testing will be random and chosen by the Meet Director. Lifters can be tested at any time during the meet at the Meet Director's discretion. An Amateur lifter must be prepared to provide a sample of his/her urine after competing if randomly chosen (there is no charge for the Amateur Division lifters unless the test results are positive). To protect the integrity of the drug test, the urine sample must be processed by the appropriate official.

If urinalysis test results are negative, the Meet Director will absorb the cost of the drug test. If urinalysis test results are positive, the lifter will be responsible for all expenses associated with the drug test. Subsequently, all of the lifter's records and accomplishments to date will be disqualified, and the lifter will be suspended from MMP competition for life.

If the lifter enters a meet as an *Amateur* and totals a *Professional* total, he/she will be classified as an Amateur pending the results of drug testing by urinalysis. Amateur records set or broken are pending drug test results. *Amateur* records will be kept in all subdivisions.

### MMP PROFESSIONAL CLASSIFICATION TOTALS (EQUIPPED AND RAW)

#### MEN'S DIVISIONS

##### **Professional**

<i>WEIGHT CLASS</i>	<u>EQUIPPED</u>		<u>UNEQUIPPED</u>	
	Pro	M*	Raw PRO	Raw M*
114	1085	976	904	850
123	1210	1090	984	904
132	1300	1170	1059	974
148	1450	1305	1185	1087
165	1580	1422	1298	1190
181	1692	1523	1396	1279
198	1780	1602	1471	1354
220	1875	1687	1551	1476
242	1940	1746	1607	1497
275	2000	1800	1654	1518
308	2040	1836	1728	1594
SHW	2085	1876	1748	1614

#### WOMEN'S DIVISIONS

##### **Professional**

<i>WEIGHT CLASS</i>	<u>EQUIPPED</u>		<u>UNEQUIPPED</u>	
	Pro	M*	Raw PRO	Raw M*
97	680	612	543	491
105	732	659	581	529
114	790	711	623	567
123	857	771	665	604
132	895	805	703	637
148	953	858	773	702
165	1027	924	853	759
181	1192	1073	895	815
198	1149	1034	960	871
198+ (SHW)	1260	1134	1012	918

**\*M – Master**

## MMP MEET DIRECTOR RULES AND REGULATIONS

1. The MMP Board of Directors reserves the right to revoke a sanction if MMP Rules and Regulations are not followed per the MMP Rule Book. All Board members must be in agreement. If a meet sanction is revoked, the MMP will reimburse an MMP membership at a pro-rated rate at the members' request. No meet will be added to the MMP Calendar of Events without an approved sanction by the MMP Executive Committee. All forms and sanction fees must be received by the Home Office before the [metalmilitiapowerlifting.com](http://metalmilitiapowerlifting.com) calendar will be updated to include a new meet.

2. All full contests must begin by 10 am; all single and double lift meets must begin by 11 am.
3. Meet Directors will not participate in the meet as a lifter or coach unless approved by the MMP Chairman. They may judge or spot if needed.
4. Daily Maximum Number of Competitors:  
*Single platform, full power meets:* 70 lifters maximum per day. If 50 or more lifters in a day, the lifting schedule may be broken into a morning and afternoon session.  
*Double platform, full power meets:* 100 lifters maximum per day. If 50 or more lifters in a day, the lifting schedule may be broken into a morning and afternoon session.  
*Single lift meets:* 100 lifters maximum per day. If 50 or more lifters in a day, the lifting schedule may be broken into a morning and afternoon session.
5. Meet Directors will not use their position to influence the judges' decisions.
6. Meet Directors will not use foul or abusive language toward any official, lifter or fan.
7. Competitors or coaches are the only people who are able to dispute judgments made by the judges.
8. **Meet Directors must send meet results in an Excel format to (Kyle Hines - Kyleghines@gmail.com) no later than 5 days after said meet by email or mailing a hard copy.** Foreign meet results must be converted from kilos to pounds.
9. Meet Directors will show no favoritism toward any participant, team, or coach.
10. Music Shall be played and light shows used as long as it does not impede the judges' ability to judge.
11. 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.
12. At the discretion of the MMP President, the Meet Director is responsible for reimbursing the attending MMP Representative his/her travel expenses (gas and lodging) at the completion of the meet before the MMP Representative departs.
13. All flights and lifter attempts will be posted when the competition days' morning weigh-ins are finished. The size of the flight is up to the Meet Director's discretion. However, ideally, flights should consist of not more than 15 lifters or fewer than 10 lifters.
14. Meet Directors must provide a list of equipment that will be available on the competition platform and in the warm-up area. The list of equipment must include all borrowed equipment and the name of the person from whom the equipment will be borrowed. This is required before a meet sanction will be granted.
15. Meet Directors will provide chalk to lifters in the warm-up area and on the platform.
16. 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.

17. All lifting platforms must be large enough to accommodate the lifter, spotters and equipment safely; ideally 12 ft. x 12 ft. Platforms may be constructed of plywood or hard (low compression) rubber mats covered by a full-loop, low pile rug or non-slip rubber.

### **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. Competitors must understand that he/she assumes responsibility for any possible injury.
4. Competitors are allowed to use their own spotter in addition to the Meet Director's spotters.
5. Meet Directors must consult with an MMP Board Member prior to their meet date regarding their spotter availability and capability.

***Failure to follow any of the Meet Director Rules and Regulations will result in the sanction being revoked and the Meet Director being suspended from receiving a sanction for the period of one year.***