

World Association of Benchers and Deadlifters



Official Rule Book

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General Rules

1. The World Association of Benchers and Deadlifters (WABDL) contests the following lifts, which will be performed in the order, listed. The highest successful attempt of the first three attempts for each lift will determine each lifter's placing.
 - a. Bench Press (Single Ply and Double Ply divisions available)
 - b. Deadlift (Single Ply Only)
2. All sanctioned competitions under the WABDL will be conducted in kilograms.
3. The WABDL recognizes and sanctions state, regional, The WABDL World Cup, The High School Nationals, The Collegiate Nationals, The WABDL Nation Push / Pull, The WABDL Nationals and The WABDL World Championship competitions. The WABDL also, recognizes and sanctions International competitions for its members.
4. For WABDL sanctioned competitions, lifters entered in the event must have current federation membership card and present the card at weigh-ins.
5. Membership Fees – The current cost is \$40 for adults and \$30 for teens. Applications may be obtained from www.wabdl.org, Powerlifting USA, the secretary, or Gus Rethwisch. Cards may be purchased at the meet, but the lifter should retain one copy of the application form as a receipt.
6. At all competitions awards will be given. At competitions where “Best Lifter Awards” are presented, best lifter(s) awards will be established by formula.
 - a. All men – Schwartz formula
 - b. All women – Malone formula
 - c. All master's – Foster's age coefficients
7. The WABDL additionally recognizes and registers state, national, international and world records (in kilograms and lbs.) for the same lifts within the age group and body weight categories as follows:

Single Ply Age Divisions (Bench Press and Deadlift)

Men & Women

Class 1 (Men ONLY – Age 16 and UP)

Open – Age 16 and UP

Teenage 12–13 / 14–15 / 16–17 / 18–19

Junior 20–25

Sub-Master 33–39

Master 40–46 / 47–53 / 54–60 / 61–67 / 68–74 / 75–79 / 80–84 / 85–89 / 90+

Special Olympic and Disabled Men & Women

Open – Age 16 and UP

Teenage 12–13 / 14–15 / 16–17 / 18–19

Junior 20–25

Sub-Master 33–39
 Master 40–46 / 47–53 / 54–60 / 61–67 / 68–74 / 75–79 / 80–84 / 85–89 / 90+

Law–Fire Men & Women

Open

Sub-Master 33–39
 Master 40–47 / 48–55 / 56+

**Double Ply Age Divisions
 (Bench Press Only)**

Men & Women

Open – Age 18–67

Teenage 18–19

Junior 20–25

Sub-Masters 33–39

Master 40–46 / 47–53 / 54–60 / 61–67

Law–Fire Men & Women

Open

Sub-Master 33–39

Master 40–47 / 48–55 / 56–67

- Competitive lifting shall be restricted to competitors aged 12 years and over.
- Lifters ages 12 – 15 may only lift in their respective age category.
- Men Ages 12 – 15 will also be allowed to compete in the 97 lb weight class.
- Lifters age 16 and older may enter the Single Ply Open division along with their age category if they so choose.
- Lifters age 18 – 67 may enter the Double Ply Open Bench division along with their age category if they so choose.
- Men ages 16 and older start at the 105 lb weight class.
- The lifter must have attained minimum age on day of the competition where age limits are imposed.
- A lifter must lift in the age group in which he or she is currently in, until he or she reaches the stated upper limit of that category.

| Weight Divisions Men | | |
|-----------------------------|-----------------------------------|----------------------------------|
| Weight Class | Weight per Class in Pounds | Weight per Class in Kilos |
| 105 | 97.1 – 105.8 | 44.1 – 48.0 |
| 114 | 105.9 – 114.6 | 48.1 – 52.0 |
| 123 | 114.7 – 123.4 | 52.1 – 56.0 |
| 132 | 123.5 – 132.2 | 56.1 – 60.0 |
| 148 | 132.3 – 148.8 | 60.1 – 67.5 |
| 165 | 148.9 – 165.3 | 67.6 – 75.0 |
| 181 | 165.4 – 181.8 | 75.1 – 82.5 |
| 198 | 181.9 – 198.4 | 82.6 – 90.0 |
| 220 | 198.5 – 220.4 | 90.1 – 100.0 |
| 242 | 220.5 – 242.5 | 100.1 – 110.0 |
| 259 | 242.6 – 259.0 | 110.1 – 117.5 |
| 275 | 259.1 – 275.5 | 117.6 – 125.0 |

| | | |
|---------------------------|---------------|---------------|
| 308 | 275.6 – 308.6 | 125.1 – 140.0 |
| 308+ (Super Heavy Weight) | 308.7+ | 140.1+ |

| Weight Divisions Women | | |
|-------------------------------|-----------------------------------|----------------------------------|
| Weight Class | Weight per Class in Pounds | Weight per Class in Kilos |
| 97 | 0.0 – 97.0 | 0.0 – 44.0 |
| 105 | 97.1 – 105.8 | 44.1 – 48.0 |
| 114 | 105.9 – 114.6 | 48.1 – 52.0 |
| 123 | 114.7 – 123.4 | 52.1 – 56.0 |
| 132 | 123.5 – 132.2 | 56.1 – 60.0 |
| 148 | 132.3 – 148.8 | 60.1 – 67.5 |
| 165 | 148.9 – 165.3 | 67.6 – 75.0 |
| 181 | 165.4 – 181.8 | 75.1 – 82.5 |
| 198 | 181.9 – 198.4 | 82.6 – 90.0 |
| 198+ (Unlimited) | 198.5+ | 90.1+ |

8. Team Rules – State, Regional and National Meets (World rules p. 23)
- a. You may have 13 members on your team and two alternates.
 - b. Team members may lift in the dead lift and the bench press.
 - c. A team member may not represent the team in two dead lifts or two bench presses.
 - d. You may have 7 and 6, 8 and 5, or 9 and 4 in any combination of the two lifts but not 10 and 3.
 - e. The minimum number for a team is 7 lifters; 6 doing both lifts and one doing either lift.
 - f. All lifters must be from the same state, gym or, in the case of international lifters, country.
 - g. Check the entry for due date for team roster and fee.
 - h. A contact number for the Team Captain must be included on the team roster.
 - i. Rosters must be verified (not changed) before the opening session of the contest with the WABDL Secretary or Meet Director.
 - j. Changes are not allowed after verification unless the Meet Director or secretary has entered something incorrectly from the original roster or unless there is a "no show" or an injury of a team member. In which case the alternate(s) will take his or her respective place.
 - k. Team entries will not be accepted at weigh-ins or the day of the meet.
 - l. Scoring and placing.
 - i) The team with the highest score wins.
 - ii) Scoring is as follows:
1st = 20, 2nd = 16, 3rd = 12, 4th = 10, 5th = 8 and 6th = 5.
 - iii) In the case of a tie in team points, bonus points being tallied throughout the meet will be added in.
 - a) Bonus points are based on the number of competitors a lifter competes against in their weight class and how high they place against their competitors.
 - b) Obviously, the more competitors and the higher the placing, the more bonus points awarded. A lifter earns 1 point for each lifter he places ahead of in his weight class and division.
 - c) The most bonus points a lifter can receive is 6 points.

| # Competitors Place | <u>7(+)</u> | <u>6</u> | <u>5</u> | <u>4</u> | <u>3</u> | <u>2</u> | <u>1</u> |
|------------------------|-------------|----------|----------|----------|----------|----------|----------|
| <u>1st</u> | 6 | 5 | 4 | 3 | 2 | 1 | 0 |
| <u>2nd</u> | 5 | 4 | 3 | 2 | 1 | 0 | 0 |
| <u>3rd</u> | 4 | 3 | 2 | 1 | 0 | 0 | 0 |
| <u>4th</u> | 3 | 2 | 1 | 0 | 0 | 0 | 0 |
| <u>5th</u> | 2 | 1 | 0 | 0 | 0 | 0 | 0 |
| <u>6th</u> | 1 | 0 | 0 | 0 | 0 | 0 | 0 |

- iv) In case of tie in team and bonus points the third tiebreaker is points given for the number of World and State records set by the team. Points as follows: World = 10 points and State = 5 points

Equipment Specifications

1. Platform

- a. All lifts shall be carried out on a platform at least 2.46m x 2.46m (8ft x 8ft) and secure enough to insure the safety of the lifter, spotters, and loaders.
- b. The surface of the platform must be firm, nonskid, and level.
- c. Rubber mats, similar sheeting materials and non-skid grip tape are permitted.
- d. No one is allowed on the platform during lifting sessions except the lifter and coach/personal hand-off spotter, the designated spotters/loaders, the three judges on duty, and official meet photographer.
- e. Any cleaning, mopping, brushing, or adjusting of the platform, or equipment will be handled solely by these personnel.

2. Bars, Discs and Collars

- a. For all WABDL sanctioned competitions, only disc and bars that meet WABDL specifications may be used during the competition for the lifts.
- b. The use of bars, discs and collars that do not conform to specifications will void any record(s) that may have been accomplished.
- c. Bench Press bars and deadlift bars made specifically for each lift may be used providing they conform to the specifications.
- d. Bar specifications and dimensions are as follows:
 - i) The bar shall be straight, well knurled, and grooved.
 - ii) The weight of the bar and collars is to be 25kg / 55 lb.
 - iii) The bar total overall length must not to exceed 2.4m / 94.5inches.
 - iv) Distance between the inside collar is not to exceed 1.32m / 52 inches or be less than 1.31m / 51.5 inches. Diameter of the bar is not to exceed 32mm or be less than 27mm.
 - v) The diameter of the sleeve must be 49.5mm – 53mm.
 - vi) There shall be circumferential machine markings (rings) on the bar or the bar shall be taped to measure 81cm / 32 inches between machining or tape.
- e. Disc specifications are as follows:
 - i) A certified kilogram weight set is to be used.
 - ii) All discs used in competition must weigh within .25% of their correct face value.
 - iii) The hole size in the middle of the disc may not exceed 53 mm or be less than 51 mm.

- iv) Discs must be of the following range 1.25kg, 2.5kg, 5kg, 10kg, 15kg, 20kg, 45kg and 50kg. For setting State, National and World records, discs of 0.5kg and 0.25kg need to be available.
 - v) The discs should conform to the following color coding: 10kg and below – any color; 15kg – yellow; 20kg – blue; 25kg – red; 45kg – gold; 50kg – green.
 - vi) All discs must be clearly marked with their weight and loaded in the sequence of the heaviest discs to the inside and the smaller discs descending to the outside.
 - vii) The first and heaviest discs loaded on the bar must be loaded face in; with the rest of the discs loaded face out as weight is loaded onto the bar.
 - viii) The diameter of the largest disc shall be no more than 45cm.
 - f. Collar specifications are as follows:
 - i) Must be used in competition for holding the weight discs to the bar.
 - ii) The collars must weigh 2.5kg each.
 - g. Miscellaneous:
 - i) Should blood appear on the bar it must be cleaned immediately; use one part bleach to one part water in a spray bottle to clean bar.
 - ii) If open wounds are on a lifter, they should be taken care of immediately.
3. Bench Specifications:
- a. The bench shall be of sturdy construction for maximum stability for the lifters safety.
 - b. The bench will be level and flat.
 - c. The length of the bench is not to be less than 1.22m / 48 inches.
 - d. The width of the bench should be between 29cm / 11.5 inches and 32cm / 12.5 inches.
 - e. The height of the bench to the top of the padded surface is to be between 42cm / 16.5 inches and 48cm / 19 inches without being depressed or compacted.
 - f. The bench frame maximum allowable height is 39cm / 15.5 inches and the pad's maximum allowable thickness is 9cm / 3.5 inches.
 - g. The height of the uprights on adjustable and nonadjustable benches should be from a minimum of 82cm / 32 inches to a maximum of 100cm / 39 inches measured from the floor to the bar's resting position.
4. Light Box
- a. A light system should be provided so the judges can make known their decisions.
 - b. Each judge will control a white light for a "good lift" and a red light for a "no lift".
 - c. It is recommended that the lights be arranged horizontally to correspond with the positions of the three judges.
 - d. If a breakdown in the electrical system occurs, the judges should be provided with small white and red flags to use to show their decisions, or use thumbs up or thumbs down.

Costumes and Personal Equipment

All equipment must be presentable and clean without having frayed material.

1. Lifting Suits and Singlet

- a. The lifting suit or singlet will be a one-piece full-length single ply stretch material without any patches, padding or division into panels by means of seams not necessary in the manufacture of the costume.
- b. Any false seams that are incorporated into the costume purely as a form of reinforcement or bracing shall void the costume from being used in WABDL sanctioned competitions.
- c. The costume must be form fitting without any looseness when worn by the lifter.
- d. The straps must be worn over the shoulders at all times while lifting in competition.
- e. Only costumes officially registered and approved by the WABDL will be allowed for use in sanctioned competitions.
- f. Spandex or form fitting type nylon athletic shorts are allowed to be worn under the singlet for the bench press only.
- g. The lifting suit or singlet shall also be subject to the following requirements:
 - i) It may be of any color or colors.
 - ii) The lifting suit may bear the badge, emblem, logo and/or inscription of the lifter's nation, national association, or sponsor.
 - iii) Emblems, logos, badges, and/or inscriptions that are offensive or liable to bring the sport into disrepute are not allowed.
 - iv) Seams and hems must not exceed 3cm / 1 inch in width and 0.5cm in thickness.
 - v) Only non-supportive weightlifting/wrestling singlet may have seams and hems exceeding 3cm in width.
 - vi) Seams may be protected or strengthened by narrow gauge webbing or stretch material not exceeding 2cm in width and 0.5cm in thickness.
 - vii) It must have legs and the length of the leg must not exceed 15cm / 6 inches from the middle of the crotch.
 - viii) Any alterations or modifications to the suit, from the manufacturer's original design, which exceed the established widths, lengths or thickness previously stated shall make the suit illegal for WABDL sanctioned competition.

2. Undershirt

- a. An undershirt (commonly known as a "T-shirt") can be worn under the singlet during the performance of bench press or under the lifting suit during the performance of the deadlift.
- b. Women are to wear an undershirt as described above while competing in the bench press if they are not wearing a bench shirt and in the deadlift.
- c. The undershirt is subject to the following provisions:
 - i) It can be of any color or colors.
 - ii) It cannot be ribbed.
 - iii) It cannot consist of any rubberized or similar stretch material.
 - iv) It cannot have any pockets, buttons, zippers or an excessive collar.
 - v) It must be made either of cotton or polyester, or a mixture of the two.
 - vi) The sleeves have to be above the elbows.
 - vii) It can be plain or the official T-shirt of the contest in which the lifter is competing or bear the badge and/or inscription of the lifter's nation, national or regional federation or sponsor.
 - viii) Emblems, logos, badges, and/or inscriptions that are offensive or likely to bring the sport into disrepute are not allowed.

3. Bench Shirts

- a. Bench shirts are approved for use and may be worn for the bench press in the WABDL and are specified in the list of "Approved Gear".
- b. Bench shirts cannot be worn for the deadlift.
- c. No t-shirts or anything else can be worn under a bench shirt.
- d. Women are allowed to wear a sports bra under the bench shirt.
- e. Any alterations or modifications to the bench shirt, from the manufactures original design, which exceed the established widths, lengths or thickness stated shall make the bench shirt illegal for WABDL sanctioned competition.
- f. The following specifications apply to the bench shirt:
 - i) The bench shirt can be of any color or colors.
 - ii) The bench shirt can be made of polyester or denim. Canvas is not allowed.
 - iii) Single ply and double ply polyester and denim bench shirts are allowed. See the "Approved Gear" section for the complete list.
 - iv) The shirt must have a complete closed neck.
 - v) No "**Floppy Back**" shirts allowed. Defined as shirts with "super large neck openings." The back of the shirt must fit next to your skin.
 - vi) No open back / split neck shirts allowed.
 - vii) No re-sown open back / spilt neck shirt will be allowed.
 - viii) No grid / cross-stitching is allowed on any shirt.
 - ix) Velcro is allowed to fasten the back of the shirt closed.
 - x) Velcro can only be on the back of the shirt.
 - xi) The Velcro cannot go around the lifter.
 - xii) Measuring from the bottom of the sternum up, the neckline has to be 11cm / 4.5 inches above the bottom of the sternum.
 - xiii) The neckline width must be between 1.2cm / .5 inch and 2.5cm / 1 inch and no thicker than 0.75cm / .25 inches.
 - xiv) Bench shirts must be on top of the deltoid at least 6.5cm / 2.5 inches from the edge of the shoulder.
 - xv) The sleeves of the bench shirt must be above the elbows. They may be pushed up. They cannot be rolled up.
 - xvi) From the above "Undershirts" section C, ii), iii) and iv) also applies to the bench shirt.

4. Erector Shirt

- a. It can be of any color or colors.
- b. The regular or heavy duty is allowed.
- c. Only the single ply polyester erector shirt is allowed. No denim or canvas.
- d. It can either be with sleeves or without sleeves.
- e. From the above "Undershirts" section C, ii), iii) and iv) also applies to the erector shirt.

5. Underwear and Groove Briefs

- a. Standard commercial underwear or an athletic supporter of any mixture of cotton, nylon or polyester may be worn under the lifting suit and groove briefs.
 - i) Any support to the body of the lifter, which may be provided by the athletic supporter or underwear, is limited to the lifter's lower abdominal wall.
 - ii) The garment cannot have legs and extend down over the lifter's thighs.

- iii) Women may wear protective briefs or panties if they are not deemed supportive in any way. Tampons, sanitary napkins or similar articles when used for hygiene protection are allowed.
- b. Groove briefs made by lifting apparel manufacturers may be worn under the lifting suit.
 - i) It can be of any color or colors.
 - ii) The regular or heavy duty is allowed.
 - iii) Only single ply polyester groove brief allowed. No denim or canvas.
 - iv) The groove briefs cannot have legs and extend down over the lifter's thighs.
 - v) The groove briefs cannot extend above the navel (belly button).

6. Belt

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

- a. The belt must be of the following materials and construction:
 - i) The main body shall be made of leather in one or more laminations, which may be glued and/or stitched together, or made of cloth, vinyl, or nylon.
 - ii) No metal is allowed in the belt except for what is listed herein.
 - iii) The buckle shall be attached at one end of the belt by means of studs and/or stitching.
 - iv) The belt shall not have any inflatable component on or within any of its surfaces.
 - v) A leather, cloth, vinyl, or nylon tongue loop shall be attached close to the buckle by means of studs and/or stitching.
 - vi) The lifter's name, the name of the lifter's nation, state or club may appear on the outside of the belt.
 - vii) A one prong, two prongs, lever or the ratchet buckle may be worn.
- b. The belt must be within the following dimensions:
 - i) The width of belt is to be a maximum of 10cm / 4 inches.
 - ii) The thickness of belt is to be a maximum of 13mm / ½ inch along the main length.

7. Shoes and Boots

- a. Lifting shoes or boots must be worn.
- b. Shoes shall be taken to include boots, all sport / tennis shoes or deadlift slippers.
- c. Shoes or boots with metal spikes or cleats are not permitted.

8. Wraps

Only wraps of one ply commercially woven elastic that is covered with polyester, cotton or combinations of either material may be used.

- a. Wrist wraps of certain sizes may be used as follows:
 - i) Wrists wrap not exceeding 1m / 36 inches in length and 8cm / 3 inches in width may be worn.
 - ii) They can have a thumb loop that can be over the thumb during the lift, and a Velcro patch for securing them.
 - iii) The wrist wraps cannot be on the palm where they would come in contact with the bar.
 - iv) No adhesive wraps of any kind can be worn.
 - v) The wrist wraps can only be of one single unit each and two in a pair.
- b. Knee wraps of certain sizes and material may be used as follows:

They may be supportive sleeves of rubberized material or elastic wrap.

- i) Knee wraps not exceeding 2m / 6.5 feet in length and 8cm / 3 inches in width may be worn.
- ii) Knee Sleeves not exceeding 24cm / 9.5 inches in width may be worn.
- iii) Elastic kneecap supporter not exceeding 20cm / 8 inches in width may be worn.
- iv) A combination of the three is not permitted.
- v) A knee wrap shall not extend beyond 15cm / 6 inches above and 15cm / 6 inches below the centre of the joint, not exceeding a total of 30cm / 12 inches in both directions.
- vi) Knee wraps cannot touch the socks or lifting suits.
- vii) No adhesive wraps of any kind can be worn.
- viii) The knee wraps can only be of one single unit each and two in a pair.

9. Head Coverings

Baseball caps, skullcaps, bandanas (doo rags) and other reasonable head coverings can be worn during the attempt of a lift.

10. Plasters

- a. For a lifter wishing to continue competing after an injury, the doctor, paramedic or paramedical personnel on duty, may apply bandages to bodily injuries in a fashion that would not grant the lifter an undue advantage.
- b. Spot plasters, bandages, tape or Band-Aids can be applied to muscle injuries on the body.
- c. Strip plasters, tape, or Band-Aids may be applied to injuries on the inside of the hand, but cannot wraparound to the back of the hand.
- d. At all competitions where no medical personnel are on duty, the WABDL judges and Meet Director will have jurisdiction over the use of spot plasters.

11. General

- a. Baby powder, pool hall chalk, liquid chalk, resin, talc or magnesium carbonate may be added to the body.
- b. Water can be sprayed on the chest plate and shoulder seams of the bench shirt.
- c. The lifter cannot use water, oil, grease or other lubricants and liquids on their body, costume or personal equipment to aid in the execution of a lift.
- d. The advanced therapeutic use of liniments or rubs is O.K. but must not be evident during platform attempts.
- e. The use of any form of adhesive or spray stickum on the underside of shoes or boots is strictly forbidden.
- f. No foreign substances may be applied to the equipment or wraps.
- g. Spandex or form fitting type nylon athletic shorts are allowed to be worn under the singlet for the bench press only.
- h. All articles of lifter's costumes and personal equipment shall be clean and generally neat and presentable. At the discretion of the judges, a lifter will not continue in the competition if this provision is not met.
- i. Excessive "psyching up" techniques (i.e. swearing, hitting) shall be limited at the referee's discretion.
- j. Ammonia, ammonia capsules or nose torque is not allowed on the platform.

Inspection of Costume and Personal Equipment

1. At all competitions there will be an official inspection of lifting suits and personal equipment during the weigh-in period. Bring all gear with you to the weigh-in that will be worn on the lifting platform. This also includes items such as headbands, mouthpieces, ribbons, etc. Items such as watches, costume jewelry; eyewear and feminine hygiene articles need not be inspected.
2. In large competitions when the allotted weigh in time is likely to be insufficient to allow for the inspection of lifting suits and personal equipment the WABDL, at its discretion, may fix a separate time for the inspection. In normal circumstances this will take place one hour before the official weigh-in.
3. Between one and three judges or WABDL officials will be appointed to fulfill the duty of inspection.
4. All items will be examined and approved before being officially stamped or marked.
5. Any items exceeding the allowable number of ply's will not be allowed.
6. Any items considered objectionable by being unclean, torn or tattered, indecent, or offensive to the spirit of the competition will be rejected.
7. It will be the lifters responsibility to be present and ready to lift on the platform and outfitted in accordance with the rules governing lifting suits and personal equipment.
8. Any lifter performing on the platform may be inspected before or after a lift if any of the judges doubt the legality of the lifting suit or personal equipment being used.
9. After the inspection, if item(s) or article(s) are found to be illegal, the lifter can be immediately disqualified from the competition.
10. Any lifter successful in lifting a world record attempt must be inspected.
11. Inspection may be solely visual when the lifter's suit and personal equipment is obviously legal.
12. If there is a question about the legality of the lifting suit or personal equipment, a more thorough inspection should be performed off the platform. The thorough inspection should be performed in a private area, by judges or WABDL officials.
13. In cases where a thorough inspection of the lifter is the opposite sex, proper inspectors will be appointed.
14. If the lifter is found to be wearing an illegal lifting suit, bench shirt, wraps or personal equipment, the lift shall be declared invalid and the lifter can be disqualified from the competition.

Bench Press Shirt Divisional Rules

Rules governing lifting in the single ply and double ply divisions

General Rules:

1. A lifter must declare on the entry form which shirted division he or she will be lifting in at the meet.
2. One day meets, a lifter may ONLY lift in one of the shirted divisions, single ply or double ply but not both.
3. Lifters will have up until a specified date before the meet to change their declaration of shirt division (typically the weight-class change deadline). Once this date has passed, a lifter may not change his or her declared shirt division.
4. Under no circumstances may a lifter change his or her shirt division on the day of the meet.
5. Multi-day meets, a lifter may lift in both shirted divisions as long as the divisions are on different days. The lifter will have to re-weigh for the second division.

6. The World Championship, lifters will have to qualify in both divisions during the lifting year to lift in both shirted divisions.
7. If a lifter placed in 1st or 2nd at the World Championship he or she is automatically qualified for that division next year.

Single Ply Bench Press Division

1. Lifters may or may not use a bench shirt.
2. ONLY single ply shirts allowed in this division.
3. Lifters not using a bench shirt will not receive special or separate consideration for placing or trophies.

Double Ply Bench Press Division

1. Lifters must use a bench shirt in this division.
2. Double ply shirts ONLY allowed in this division.
3. No single ply shirts allowed on his or her opening, second or third attempt.
4. Lifters not using a bench shirt will not receive special or separate consideration for placing or trophies.

Powerlifts and Rules of Performance

1. Bench Press

The front of the bench must be placed on the platform facing the head referee.

 - a. Body Position
 - i) The lifter must lie backward with shoulders and buttocks in contact with the flat surface of the bench.
 - ii) The elected position of the buttocks shall be maintained throughout the attempt.
 - iii) The buttocks must be touching the bench such that it is clearly the buttocks and NOT merely the back of the upper thigh/leg in contact with the bench. If this cannot be obviously determined by the side judges, the lift will be turned down for the buttocks being off the bench.
NOTE: Lifters employing a radical arch must be aware that minimal contact is not obvious contact.
 - iv) The position of the head is optional. It can be up or down.
 - b. Foot Position
 - i) The lifter's shoes or toes must be in solid contact with the platform or surface.
 - ii) The feet can be flat or up on the toes. Whichever position the feet are in at the handoff, must be maintained through out the lift.
 - iii) To achieve firm footing, a lifter of any height may use discs or blocks to build up the surface of the platform. Whichever method is chosen, the shoes must be in a solid contact with the surface.
 - iv) If blocks are used, they shall not exceed 45cm / 18" x 45cm / 18".
 - c. Hand Position

The spacing of the hands shall not exceed 81cm / 32 inches, measured between the forefingers.

 - i) The bar shall have circumferential machine markings (rings) or tape indicating the maximum grip allowance.

- ii) If the lifter should use an offset or unequal grip on the bar, whereby one hand is placed outside the marking or tape, it is the lifter's responsibility to explain this to the head referee, and allow inspection of the intended grip prior to making an attempt.
 - iii) If the unequal grip is not shown until the lifter is on the platform for an official attempt, any necessary explanation and/or measurements will be done on the lifter's time for that attempt.
 - iv) The "suicide grip" / thumbless grip is allowed with a legal waiver signed before the competition begins.
- d. Spotters and Loaders
- i) Not more than five and not less than two spotters / loaders shall be in attendance.
 - ii) The lifter may enlist the help of one or more of the designated spotters or enlist personal spotters in removing the bar from the racks.
 - iii) Only designated spotters may remain on the platform during the lift.
 - iv) The hand off must be to arms length and not down to the chest.
 - v) Any spotter cannot have his hands on the bar during the descent to the chest.
 - vi) The spotter who provided a center hand off must immediately clear the area in front of the head judge and move to either side of the bench for the head judge to see and call the lift.
- e. Bench Press Performance
- i) Once the bar is loaded, a lifter has a maximum time of 70 seconds to lie down and grab the bar and take it out of the rack.
 - ii) After receiving the bar at arms length with arms straight and elbows locked the lifter shall lower the bar to the chest and await the head judges' signal.
 - iii) The signal shall be an audible command "Press" and is given as soon as the bar is motionless on the chest. If the bar is too low that it touches the lifter's belt, the signal will not be given.
 - iv) The lifter will be allowed only one "Press" command per attempt.
 - v) After the command to "Press" has been given, the bar is pressed upward.
 - vi) The bar cannot sink into the chest or move downwards once the "Press" command has been given.
 - vii) The lifter will press the bar to straight arms length and hold it motionless until the audible command "Rack" is given. Here the spotters will help return the bar to the rack.
 - viii) The bar may move horizontally and may stop during the ascent, but may not move downward towards the chest.
- f. Causes for Disqualification of a Bench Press
- i) Failure to observe the head judge's signals during the lift, i.e. beating the "Press" and "Rack" commands.
 - ii) The personal spotter doesn't release the bar before the descent begins. (No "Soft" hand offs.)
 - iii) The personal spotter must move out of the head judge's way once the handoff is given so the commands can be given. If he or she does not move the commands will not be given.
 - iv) If the personal spotter / coach distract the head judge through excessive yelling, the judges may determine that the lift is unacceptable, and it will be declared "no lift" and given three red lights.

- v) Hand spacing that exceeds the maximum of 81cm / 32 inches. The index finger has to "Abut" the outside of the machined ring or tape. It does not have to cover the ring. "Abut" means next to, not a half inch outside of the ring or tape.
- vi) Any change in the elected lifting positions other than the head during the lift, i.e. any raising of the shoulders, buttocks (daylight must be seen) or excessive movement of the feet, all from their original points of contact with the bench or the floor, or lateral movement of the hands on the bar.
- vii) Heaving or bouncing the bar off the chest.
- viii) Sinking the bar further into the chest after it has been motionless and receiving the head judge's signal to "Press" the bar.
- ix) Pronounced uneven extension of the arms at the completion of the lift.
- x) Any downward motion of the bar during the course of being pressed out.
- xi) Failure to press the bar to full extension of the arms at the completion of the lift.
- xii) Ratcheting on the ascent: i.e., left arm pushes up, then the right arm, then the left, etc.
- xiii) Double dipping, which is described as either one elbow or both elbows collapsing causing the bar to drop down and then go back up.
(Wavering due to heavy poundage is not a reason to disqualify the lift. In wavering, one side of the bar or the other may dip down but the elbow doesn't collapse.)
- xiv) Contact with the bar by the spotters between the head judge's commands.
- xv) Any contact of the lifter's shoes with the bench or its supports.
- xvi) Deliberate contact between the bar and the bench uprights during the lift to assist lifter with the completion of the press.
- xvii) Unsportsmanlike behavior such as disrespectful comments to the judges, swearing, throwing the bar or weights intentionally. The three judges will give ONE warning before disqualifying the lifter.
- xviii) Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualifications.

2. Deadlift

a. Deadlift Performance

- i) Once the bar is loaded, a lifter has a maximum time of 70 seconds to grab the bar and clear the floor.
- ii) The lifter will face the front of the platform.
- iii) The bar must be laid horizontally in front of the lifter's feet, gripped with an optional grip in both hands, and lifted until the lifter is standing erect. The bar may stop but there must be no downward motion of the bar.
- iv) On completion of the lift, the knees shall be locked in a straight position and the lifter shall be standing in his or her normal erect posture.
- v) The head judge's signal shall consist of a downward movement of the arm and the audible "Down" command. The signal and command will not be given until the bar is held motionless and the lifter is in an apparent finished position.
- vi) Any raising of the bar off the floor will count as an attempt.

b. Causes for Disqualification of a Deadlift

- i) Any downward motion of the bar before it reaches the final position.
- ii) Failure to stand erect and achieve normal walking posture

- iii) Failure to lock the knees straight at the completion of the lift.
- iv) Supporting of the bar on the thighs during the performance of the lift. (If the back is straight in the vertical position and the hips and knees are bent so that the thighs are at an angle, it is thigh support.)
- v) Hitching the bar up – WABDL defines hitching as clear and pronounced jerking of the bar up the thighs which results in a combination of downward motion of the bar and thigh support. The following shall NOT be judged to be hitching: 1) rapid shaking of the entire body (this is due to the body pulling near its limit, but is not hitching); 2) a stop-and-go motion which constitutes neither downward motion nor thigh support; 3) bouncing the bar off the thighs during the ascent that constitutes neither downward motion nor thigh support (this is often the result of friction when the lifter fails to use baby powder on the thighs). NOTE: Judges shall NOT use indentation of the bar against the thighs as evidence of hitching (a properly executed deadlift WILL entail the bar making close contact with the thighs, quite likely causing indentation).
- vi) Movement of the feet laterally, backward or forward that would constitute a step or stumble.
- vii) Lowering the bar to the floor before receiving the head judge's signal and command.
- viii) Allowing the bar to return to the platform without maintaining control with both hands after being giving the head judge's "Down" signal and command. (Losing your grip is okay, but throwing the bar down in disgust or jubilation will cause the lift to be turned down.)
- ix) Unsportsmanlike like behavior such as disrespectful comments to judges, swearing, throwing the bar or weights intentionally. The three judges will give ONE warning before disqualifying the lifter.
- x) Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualifications.

Class 1 and Elite Open Bench Press Men

1. Class 1 Men Division

This is the entry-level or beginner division for the WABDL. You may also compete in any other age division category for which you are eligible. Once a lifter exceeds the minimum amount, he must move to the Open division and his appropriate age division.

a. Class 1 Men Bench Press Qualifications

- i) Any male lifter, who has lifted less than the following weight in any and all sanctioned competitions including all other past and present Federations, can compete in the Class 1 division.
- ii) These are the qualifying amounts listed first by weight class and second by amount.

105 – 242#, 114 – 286.5#, 123 – 325#, 132 – 369.2#, 148 – 409.9#, 165 – 435.2#, 181 – 473#, 198 – 507#, 220 – 523.5#, 242 – 540.0#, 259 – 556.5#, 275 – 573.0#, 308 – 595.0#, SHW – 622.7#

b. Class 1 Deadlift Qualifications

- i) Any male lifter, who has lifted less than the following weight in any and all sanctioned competitions including all other past and present Federations, can compete in the Class 1 division.
- ii) These are the qualifying amounts listed first by weight class and second by amount

105 – 352#, 114 – 391#, 123 – 424#, 132 – 452#, 148 – 496#, 165 – 540#, 181 – 573#, 198 – 601#, 220 – 628#, 242 – 650#, 259 – 667#, 275 – 683#, 308 – 699#, SHW – 711#

2. Elite Open Bench Press Men

This is the highest obtainable level in the WABDL. This is for the “Best of the Best”!

- a. Any male lifter, who has lifted equal to or more than the following weight in any and all sanctioned competitions including all other past and present Federations, can compete in the Elite Open and his other appropriate age division except the Open division.
- b. An Elite Open lifter is allowed to lift in all other divisions except the Open division.
- c. These are the qualifying amounts listed first by weight class and second by amount

114 – 303#, 123 – 363.7#, 132 – 407.7#, 148 – 457.2#, 165 – 529#, 181 – 562#, 198 – 634.5#, 220 – 683.2#, 242 – 722.0#, 259 – 744#, 275 – 778.1#, 308 – 815.5#, SHW – 832.0#

Drug Testing

1. Drug testing is mandatory at all WABDL sanctioned competitions.
2. If the Meet Director does not perform drug testing, all World and National records that were set at the sanctioned meet will be forfeited.
3. Any lifter, who does not show up for drug testing when his or her name is called forfeits any record(s) set in the competition.
4. Names may be announced after a completed flight or just prior to or during trophy presentations. Once the lifters names are announced he or she should immediately report to the scorers table and wait for further instructions from the WABDL official or Meet Director. Lifters not reporting to the scorers table within 15 minutes will forfeit his or her record. Once lifters have reported to the scorers table, they are required to comply with the instructions given by the Meet Director or WABDL official overseeing drug testing. Failure to comply with instructions may result in forfeiture of set record. Saying you didn't hear your name called is not acceptable, and the lifter will forfeit his or her record if he or she does not report for the testing.
5. All lifters who set any kind of records incur the possibility of being called for a drug test and no record setter should leave the venue until the trophy presentation is over and those names selected for drug testing have been announced and or testing performed.
6. A lifter will need to stay in the drug-testing room until a urine sample is collected, regardless of the length of time it takes.
7. WABDL tests for steroids, clenbuteral, and speed as well as for abnormally high testosterone levels and TE ratios.

8. Over-the-counter prohormones were declared illegal as of January 29th 2005. In the past, anybody that tested positive for norandro passed the drug test as long as the testosterone levels were not abnormally high. Now a flunk according to the lab is a flunk.
9. Unusual suppression of testosterone will also be a reason for failing.
10. WABDL will pay for the first drug test of a lifter regardless of a PASS or FAIL except as noted in 16 below.
 - a. PASS – After the first test, as long as the lifter continues to pass the drug tests when he or she is chosen for testing, the WABDL will pay for the test.
 - b. FAIL – After the first test failure, the lifter will be required to pay for any subsequent testing once reinstated regardless of pass or fail. After reinstatement, if the lifter passes two drug tests in a row the WABDL will return to paying for the test. Tests are \$98.50 each.
11. A lifter failing a drug test will automatically lose any record(s) he or she may have set in the WABDL sanctioned competition. A third drug test failure will result in the forfeiture of ALL records set in the WABDL, both past and present.
12. Suspensions for drug test failures are based on cumulative drug tests failed not consecutive drug tests failed.
 - a. First failure is a six month suspension.
 - b. Second failure is a twelve month suspension.
 - c. Third failure is a lifetime ban from the WABDL federation.
13. The failing lifter will automatically be retested his or her first meet back after reinstatement from his or her first or second suspension and will be responsible for paying for the drug test. Tests are \$98.50 each.
14. If a reinstated lifter competes and refuses to be tested or refuses to pay for the test after his or her reinstatement from his or her first or second suspension, the removal of records and suspension to be enforced will come from the WABDL Federation President.
15. Any lifter who REFUSES to submit to drug testing will automatically forfeit all personal record(s) established in the federation, both past and present, and will be issued a LIFETIME suspension from competing in the WABDL.
16. Any lifter can challenge another lifter to take a drug test as long as the lifter is in his or her weight class and division. The lifter who challenges the other lifter must also be tested, and has to pay for both tests. Tests are \$98.50 each.
17. Names of lifters who fail the drug tests will not be publicized.
18. WABDL will suspend any lifter who fails another federation's drug test if the name is published.
19. If a World or National Judge or a State Chairman/woman fails a drug test he or she will be removed from his or her position permanently.

Weigh-Ins

1. All weigh-in sessions and their durations must be posted and communicated to all lifters and coaches.
2. The official weigh-in period for a WABDL sanctioned competition is not to exceed six-hours.
3. Weigh-ins must take place the afternoon or evening before the lifting competition, not two or more days before. Also, there is no morning weigh-ins on the day of competition.
4. Weigh-ins must be performed on a scale certified within the previous six months.
5. Weigh-ins must be conducted by an approved, qualified WABDL representative.
 - a. President of the Federation

- b. Vice President of his or her respective country
 - c. National Chairman
 - d. State Chairman
 - e. Meet Director
 - f. World or National Judge
 - g. Finally, an approved, qualified WABDL representative can be appointed by someone in the above list.
6. A competing lifter of a specific meet cannot weigh-in fellow lifters of the same meet. Even if the competitor falls into the category of one of the above persons, for this meet they forfeit their status as an approved, qualified WABDL representative.
 7. Official body weights shall be recorded to the nearest tenth of a pound / kilogram.
 8. The maximum a lifter can wear is socks, pants and a t-shirt.
 9. The lifters are expected to empty their pockets of keys, coins, and other pocket items.
 10. All heavy jewelry must be removed.
 11. The weigh-ins must be in a private area, where only the competitor, the competitor's coach, coach appointee, or manager, and the judge or WABDL appointed official is present.
 12. The lifter's recorded body weight must not be made public until all lifters competing in that particular category have been weighed.
 13. The weigh-in procedure must ensure that lifters are weighed only in the presence of their own sex. Additional officials may be appointed to ensure this requirement.
 14. Lifters must give opening lifts to the weigh-in room staff at the time of weigh-in. If a coach hasn't given the lifter the openers, the lifter will need to wait before weighing in.
 15. The lifter must bring all gear to the weigh-in for inspection.
 16. All lifters may have a maximum of three attempts to make weight for a competition.
 17. If two lifters register the same body weight at the weigh-in and eventually achieve the same total at the end of the competition, they will share the placing, and each receive the same placing award that is being presented.
 18. If a lifter does not make weight, he or she may lift and set records in the new higher weight category, but may not place or receive a trophy at the competition if other competitors are in the weight class.
 19. The lifter can go up a weight class but not down.
 20. A lifter may not weigh-in for one weight class and then re-weighs to lift in a second weight class being contested on the same day.
 21. However, if a lifter is entered in two different divisions, they have the option of lifting a second time in the second division due to a "Bomb Out" or not achieving the amount he or she desired. In that case, lifts from the first division will not carry over to the second division.

Entries and Competition Procedures

1. Entries
 - a. Entries are to be completely filled out and returned to the meet director by the date on the form to be eligible to compete in the competition.
 - b. Entry fees must accompany the returned entry.
 - c. If the Meet Director does not receive the entry for the competition before the deadline, a late fee may be enforced at weigh-in.
 - d. If an entry is lost in the mail -- a very remote possibility -- the issue will be dealt with on a case-by-case basis.
 - e. Lifters who withdraw from a competition ten days or less from the contest date will have their fees applied to the next competitive WABDL meet promoted by the

same Meet Director in which he or she chooses to compete; refunds are given only eleven (11) or more days before a contest.

- f. If an entry check bounces the lifter will be given the opportunity to make it good. If the lifter does not make it good they will be banned from the federation.
- g. If the same lifter bounces an entry check a second time, even if it is made good, they will be banned for life from the federation.

2. Competition Procedures

a. Time of Events

- i) The schedule of events on the entry form and/or in the program is only estimates of the time schedule.
- ii) This may vary due to any number of factors: no shows, number in a flight, speed of a flight etc.
- iii) Lifters are responsible for checking the progress of flights and will not be allowed to lift out-of-order unless it is something beyond the lifter's control, i.e. an airline flight problem or a mistake by staff.

b. The Round System

- i) 15 lifters or less in a session must lift in one flight. Over 15 lifters can be split into appropriate flights. Where possible lifters in the same body weight category should all compete in the same flight. Flights should be classified '1', '2', '3', etc. Flight '1' will normally consist of lifters in one body weight category. Flight '2' the next higher body weight category, and so on.
- ii) If the number of lifters in any particular weight class necessitates it being split into more than one flight, the first flight should be the lifters with the lower openers. The second flight should contain the higher openers.
- iii) Competitions combining men and women lifters may make different determinations.

c. Attempts

- i) In competitions with multiple flights, flight '1' will complete all three attempts before beginning the second flight.
- ii) When there is only one flight of lifters for the bench press, there will be a 30 – 45 minute break between the two lifts.
- iii) In the event a flight has less than 10 lifters a 3 – 5 minute rest will follow the completion of each of the attempts 1 – 3, so the lifters can rest and recover before the next round of attempts.
- iv) All lifters will take their first attempt in the first round, their second attempt in the second round, and their third attempt in the third round.
- v) The bar must be loaded progressively during a round on the principle of increasing weight. At no time will the bar be reduced within a round except in the case of errors.
- vi) The lifting order in each round will be determined by the lifter's choice of weight per attempt.
- vii) When two lifters choose the same weight, the lightest lifter goes first.
- viii) If the announcer fails to announce a lifter, the lifter will be allowed to lift after the next lifter.
- ix) All attempts taken over due to a scorekeeper's error, spotters/loaders error, or for any other reason, will typically occur at the end of the round in which the error occurred, regardless of the progressive advancement of the bar.

- x) If the error occurs to the last lifter in the round, the error will be corrected immediately and the lifter will be given the opportunity to take the attempt over. The lifter will be given time to rest before the attempt.
 - xi) With multiple flights per lift, the lifters in the following flights are allowed to warm-up while the current flight is lifting.
- d. Changing Attempts
- i) A lifter may change an attempt on the first and second attempts once before the flight begins.
 - ii) On third attempts, a lifter may change an attempt once before the flight begins and a second change may be made after the flight begins as long as the lifter is at least four attempts from being on the platform. The third lifter in the flight may change as long as he or she is at least three attempts from being on the platform, and the second as long as he or she is at least two attempts from being on the platform. The first lifter in the flight must declare a weight change before he or she receives the "bar loaded" call for his or her original weight.
 - iii) A lifter will not be allowed to call for a weight lower than that attempted in the previous round.
 - iv) Three unsuccessful attempts in either lift will automatically eliminate the lifter from the competition. (Bomb Out)
 - v) Lifters must submit his or her second or third attempts within 90 seconds of completing the preceding attempt. If no weight is submitted the lifter will be increased up to the next 2.5kg / 5.5 lb point on the loading chart and will lose the privilege to change the amount.

3. Competition Officials

The Federation President or Meet Director will assign these.

- a. Announcer
- b. Score Keeper(s)
- c. Time Keeper
- d. Spotters / Loaders
- e. Platform Personnel
- f. Additional officials may be appointed as required, e.g. doctors, paramedics, etc.

4. Responsibilities of the Officials

- a. The Announcer is responsible for the efficient running of the competition, and acts as Master of Ceremonies. The announcer receives the arranged attempts by increasing weight, which is chosen by the lifters. The announcer calls for the weight required for the next attempt along with the name of the lifter. The announcer calls the order of the lifters. (The lifter who is 'up', 'on deck', 'in the hole' and 'in the wing' and 5 out and 6 out.) When the bar is loaded and the platform is cleared for lifting, the head referee will indicate this to the announcer, who will in turn announce that the bar is ready and call the lifter to the platform. The speaker is also responsible for announcing the deadlines that pertain to the 'Round System' – the few minutes before the beginning of a first flight and how many attempts before the beginning of the following flight.
- b. Scorekeeper(s) are responsible for accurately recording the next attempt given by the lifter on the scorecard and/or computer. The scorekeeper informs the announcer if a lifter has not given his or her next attempt so that the announcer can call the lifter to the scorer's table. The weight is to be listed in kilograms and pounds. They are to place the scorecards in order from lightest attempts to

heaviest and assist the announcer in keeping them in order. Also, they are to maintain a record on the scorecard of a lifter's change in attempts.

- c. The Time Keeper is responsible for starting the clock from the announcement that the bar is ready and the head judge's signal for the beginning of the attempt by the lifter. Once the clock is running for an attempt, it can only be stopped by the completion of the time allowance, the start of the lift, or at the discretion of a judge who shall inform the Time Keeper immediately. It is the Time Keeper's duty to stop the clock at defined starts of lifts so that any buzzer that may be connected to the timing device will not distract the lifter.
- d. The Spotters / Loaders are responsible for loading and unloading the bar, adjusting the bench rack as necessary, cleaning the bar or platform upon request of the head judge, and making sure that the platform is well maintained throughout the competition. (At no time shall there be less than two or more than five spotter / loaders attending to the platform.) When the lifter prepares for an attempt, the loaders/spotters may assist in removing the bar from the bench racks. However, they shall not touch the lifter or the bar during the actual attempt, i.e. during the period of time between the "Press" and "Rack" commands from the head judge. The important exception to this rule is if the lifter has obviously failed with the attempt and is in jeopardy of injury, or the head judge or lifter has requested intervention. Then the spotters should assume control of the bar and weights and assist the lifter in replacing the bar back on the racks.
- e. Only platform personnel are allowed on the platform or stage during the competition and they include the lifter, the lifter's coach / handoff personnel, the three judges, other meet officials recognized by need, and the spotter / loaders. A personal non-designated spotter is permitted to hand off on the bench press, however, once the bar is at the lifter's arms length, he or she must quickly move from the head judge's way so the judge can see and call the lift.

5. Lifters

- a. Lifters shall wrap and ready themselves for lifting before coming onto the platform.
- b. Only minor adjustments, i.e. pulling the belt, may be made on the platform.
- c. Removing wraps, belts and costume shall be performed off the platform.
- d. Items such as inhalants, chalk, talc, etc. should be utilized (with respect for fellow lifters) around the platform area but not on the platform.
- e. Any physical abnormality, handicap, or incapacity of a lifter that may cause the lifter to be unable to fully comply with the rules should be brought to the attention of, and explained to, the judges and WABDL officials at the start of the lifter's flight. The WABDL officials and judges will agree on the best accommodation and any special considerations for the lifter. Deafness, blindness, limb or joint abnormalities that prevent proper straightening or extension are examples for such special considerations.
- f. Unsportsmanlike behavior by the lifter or his or her coach, such as disrespectful comments to judges, swearing, throwing the bar or weights intentionally, will receive ONE WARNING before the lifter and coach are disqualified and both are asked to leave the venue.

6. Loading Errors

- a. The head judge shall communicate all decisions taken in cases of loading errors, incorrect announcements, spotter/loader errors, or other platform issues to the

announcer to make the appropriate announcement. Such decisions shall first be discussed with the other platform judges.

- b. If the bar is misloaded to a lighter weight, heavier weight or uneven on one side from the originally requested weight and the attempt is successful, the lifter may accept the successful attempt at the weight lifted, or elect to take the attempt again at the originally requested weight.
- c. If the attempt is not successful, the lifter will be granted a further attempt at the originally requested weight. Rules regarding attempts will apply.
- d. If any weights fall off the bar, due to a loading error, during the execution of the lift the lifter will be granted a further attempt at the same weight.
- e. If the speaker makes a mistake by announcing a weight heavier or lighter than that requested by the lifter, the judges will make the same decisions as for loading errors.

Judges

1. There must be three judges at all times on the platform to observe and judge the lifters' attempts, one Head judge and two side judges.
2. The Head Judge is responsible for giving the commands for the two lifts.
3. Lift commands are as follows:
 - a. Bench Press
 - i) First: An audible command to "Press" will be given when the bar has become motionless on the chest.
 - ii) Second: An audible command of "Rack" will be given when the bar has been pressed up to straight arms length.
 - b. Deadlift
 - ii) Beginning: No signal required.
 - iii) Ending: A visual signal of the arm going down with the audible command of "Down", both together will be given when the lifter is standing erect.
4. Once the bar has been replaced in the racks or back down on the platform at the completion of the lift, the judges will give their decisions by the show of the lights, white for a "good lift" and red for "no lift".
5. The 3 judges may seat themselves in the best viewing positions around the platform and should remain in their immediate area during the execution of the lift.
 - a. Bench Press
 - i) The head judge may position there self to either side of the head.
 - ii) The side judges should be positioned even with the lifters buttocks and not greater than 6' away.
 - iii) If the view of the side judges is obscured due to extra spotters on the platform for very heavy attempts, side judges must move out of their chairs and position themselves so as to have the best possible view of the lifter.
 - b. Deadlift
 - i) The head judge will be positioned right in front of the lifter.
 - ii) The side judges will be positioned with one judge directly off the side of the lifter and the other judge off the side and slightly to the front of the lifter.

6. Before a competition, the WABDL President, Meet Director or appointed Officials are to verify all the following:
 - a. The platform and competition equipment comply with all aspects of the rules. Bars and discs are checked for weight discrepancies and defective equipment is removed from the platform.
 - b. Scales work correctly and are accurate.
 - c. The lifters weigh-in within the limits of the body weight categories, and within the time frame of the posted weigh-in sessions.
 - d. All lifter's costume or personal equipment is inspected and approved or rejected.
 - e. The announcer, timekeeper, scorers, and spotters / loader and other platform personnel understand their duties and the rules that may pertain to them.
7. During the competition the 3 judges on the platform must jointly agree on the following:
 - a. The weight on the loaded bar agrees with the weight announced by the announcer. The judges will have loading charts for this purpose.
 - b. The lifts are credited as "good lift" or "no lift" and all other aspects of the competition run in accordance with the rules of performance.
 - c. The lifter's costume and personal equipment visually meet acceptable standards and are within the rules.
8. If during the performance of a lift, a judge observes a fault sufficient enough to disqualify the lift, the course of action is as follows:
 - a. The judges may stop the lift if concerned for the safety of the lifter.
 - i) The head judge shall instruct the spotters to "Take" the bar on the Bench Press only if it is safe and appropriate to do so.
 - ii) The head judge shall signal the lifter with a downward motion of the arm and the audible command of "Down" for the Deadlift.
 - b. Before the beginning of a lift, if any of the judges observe an obvious infraction of the rules regarding costume or personal equipment they will call attention to the fault to the other judges and to the lifter and his or her coach. They can all be called together to inspect the lifter.
 - c. After a lift is completed and any of the judges observe an obvious infraction of the rules regarding costume or personal equipment they will call attention to the fault to the other judges and to the lifter and his or her coach. The lift will be counted as a "no lift". The lifter will be instructed to correct the fault.
9. Any and all potential faults should be drawn to the attention of the lifter by any of the judges observing them.
10. A lifter or coach has the right to request that a judge or judges explain why a lift is "no lift". Obviously, the exchange needs to be kept brief and polite.
11. A judge will not attempt to influence the decision of other judges.
12. Once any lift has begun, judges will withhold their individual judgment of the lift until it is completed.
13. Under no condition should a judge raise his or her hand after the lift has begun unless it is to insure the safety of the lifter.
14. All decisions by the judges are final. Camcorder or instant replay is not allowed in order to override a decision by the judges.
15. If a judge gives the wrong interpretation of a rule, then the other judges with the Meet Director can confer and overrule the decision.

16. The head judge may consult with the side judges, the Meet Director or other WABDL Officials as necessary in order to expedite or facilitate the running of the competition.
17. All judges must be clean and presentable at all WABDL Sanctioned Competitions and are to wear the appropriate judge's shirt for their status, National or World.
18. WABDL judges may have their judging status suspended from consideration of their performance and abilities by the WABDL President and other Officials.
19. If a WABDL World or National Judge fails a drug test, he or she will be suspended permanently from judging in the federation.

World, National and State Records

The 0.25kg chip set / 1.1 lb. and the 0.5kg chip set / 2.2 lb., can only be used for record attempts.

World, National and State Records are maintained by the WABDL office and posted on the website. www.wabdl.org

The following applies only to meets where the WABDL President is NOT in attendance.

A lifter setting a World Record MUST complete a World Record Application form and collect signatures from all three judges who judged the lift. This is to verify the lift was passed, the amount of weight lifted, the lifter's proper weight class and approved gear. Forms will be at the scorekeeper's table and need to be returned to the scorekeeper's table or to the meet director when completed. Records performed will be forfeited if forms are not completed and properly signed by the judges.

1. World, National and State records can be set at any meet giving the following requirements.
 - a. It must be a WABDL Sanctioned Competition.
 - b. A certified kilo barbell set is required to be used at the meet on the platform for World and National records to be set.
 - c. A certified scale slip for the weigh-in scale is sent to the WABDL President one week before the meet.
 - d. At least two World Judges and one National Judge must be on the platform judging the World record attempt.
 - e. A World Judge must be in the head judge's chair through out the meet.
 - f. The first person to establish a new or break an existing record is the record holder.
 - g. The lifters following or eventually attempting the record must increase the record by at least 0.5kg / 1.1 lb., even if the lifter(s) in the same weight class are lighter in body weight than the person who set the record.
 - h. Once both kilo chip sets (1.5kg / 3.3 lbs. total) have been used to increase the record, the next kilo increment must be attempted.
 - i. Any lifter that sets a world record at any meet and was not drug tested may be asked to submit to a drug test in the next 12 months from the day of the meet. If the lifter is not tested the World record may be forfeited and removed from the record books. If that person has already been tested at a meet in the previous 12 months the test may not be needed.
 - j. If the person setting the World record is a teenage man or woman ages 12-15 or masters man or woman ages 75 years old and up he or she may not be required

- to be tested. Drug testing these age groups will be at the discretion of the Federation President and/or meet director.
- k. The year requirement could be extended by the Federation President and will be decided by him on a case by case basis.
 - l. Records can be set on any attempt.
2. State records can be set at any State meet without a kilogram barbell set.
 - a. It must be a WABDL Sanctioned Competition.
 - b. A standard pound barbell set can be used at a State meet, but only State records can be set. (Refer to 'b.' above.)
 - c. A certified scale slip for the weigh-in scale is sent to the WABDL President one week before the meet.
 - d. Three National Judges have to be on the platform judging the record attempts.
 - e. The first person to establish a new or break an existing record is the record holder.
 - f. The lifters following or eventually attempting the record must increase the record by at least 5 lbs., even if the lifter(s) in the same weight class are lighter in body weight than the person who set the record.
 - g. Using a standard pound set at a State meet, State records must be broken by 5 lbs.
 - h. Records can be set on any attempt.
 3. 4th Attempt Rules for World, National and State Records
 - a. A lifter is granted a 4th attempt for a World, National or State record if either the 2nd or 3rd attempt is successful.
 - b. Also, the attempt made has to be within 16kg / 35.2 lbs. of the record.
 - c. If the lifter is given a 4th attempt by mistake when he or she does not have one coming, the record will not stand.

World Competition Variations

The following rule variations only apply to the World Championship Competition.

1. Age Divisions
 - a. There will be a 30 day window in either direction for a lifter to change his or her division due to a birthday.
 - b. If a lifter qualified in Master 40 – 46 but turns 47 either 30 days before or 30 days after the World Championship, he or she has the option of going 40 – 46 or 47 – 53.
2. Bench Shirt Divisions
 - a. The World Championship, lifters will have to qualify in both divisions during the lifting year to lift in both shirted divisions.
 - b. The World Championship, a lifter may lift in both shirted divisions as long as the divisions are on different days. The lifter will have to re-weigh for the second division.
3. Team Rules – World Championships
 - a. You may have 15 members on your team and two alternates.
 - b. A lifter may lift in the dead lift and the bench press.
 - c. A lifter may not represent the team in two dead lifts or two bench presses.

- d. You may have 8 and 7, 9 and 6, or 10 and 5 in any combination of the two lifts but not 11 and 4.
- e. The minimum number for a team is 8 lifters; 7 doing both lifts and one doing either lift.
- f. All lifters must be from the same state, gym or in the case of international lifters, country.
- g. Check the entry for the due date of the team roster and team entry fee.
- h. A contact number for the Team Captain must be included on the team roster.
- i. Rosters must be verified (not changed) before the opening session of the contest with the WABDL Secretary or Meet Director.
- j. Changes are not allowed after verification unless the Meet Director or secretary has entered something incorrectly from the original roster. If there is a "no show" or an injury of a team member or both happen to a team the first and second alternates take his or her place respectively.
- k. Team entries will not be accepted at meets or weigh-ins.
- l. Scoring and placing.
 - i) The team with the highest score wins.
 - ii) Scoring is as follows:
1st = 20, 2nd = 16, 3rd = 12, 4th = 10, 5th = 8 and 6th = 5.
 - iii) In the case of a tie in team points, bonus points being tallied through out the meet will be added in.
 - a) Bonus points are based on the number of competitors a lifter competes against in their weight class and how high they place against their competitors.
 - b) Obviously, the more competitors and the higher the placing, the more bonus points awarded. A lifter earns 1 point for each lifter he places ahead of in his weight class and division.
 - c) The most bonus points a lifter can receive is 6 points.

| # Competitors Place | <u>7(+)</u> | <u>6</u> | <u>5</u> | <u>4</u> | <u>3</u> | <u>2</u> | <u>1</u> |
|------------------------|-------------|----------|----------|----------|----------|----------|----------|
| <u>1st</u> | 6 | 5 | 4 | 3 | 2 | 1 | 0 |
| <u>2nd</u> | 5 | 4 | 3 | 2 | 1 | 0 | 0 |
| <u>3rd</u> | 4 | 3 | 2 | 1 | 0 | 0 | 0 |
| <u>4th</u> | 3 | 2 | 1 | 0 | 0 | 0 | 0 |
| <u>5th</u> | 2 | 1 | 0 | 0 | 0 | 0 | 0 |
| <u>6th</u> | 1 | 0 | 0 | 0 | 0 | 0 | 0 |

- d) In case of tie in team and bonus points the third tiebreaker is points given for the number of World and State records set by the team.
Points as follows: World = 10 points and State = 5 points

4. Entries Competition Procedure

- b. A lifter cannot add a second division once at the meet.

5. Competition Procedure

- f. Two Weight Classes and Two Divisions
 - i) A lifter may lift in two different divisions and in two different weight classes as long as the lifter properly qualified for both and is previously entered in both.

- ii) The divisions must be scheduled to lift on different days for a lifter wanting to lift in two weight classes and two divisions.
- iii) The lifter must re-weigh at the scheduled time for the second division.
- b. One Weight Class and Two Divisions
 - i) If a lifter is entered in two divisions of one weight class and “Bombs Out” of the first division he or she can lift in his or her second division if it is contested on the same day with out re-weighing.
 - ii) If the second class is on a different day the lifter must re-weigh at the scheduled time for the second division.
 - iii) You are allowed to start with a new and lighter opening weight.
 - iv) If the lifter cannot make the same weight class as his or her original and goes up a weight class the following 5c and 5d sections of weigh-in rules apply.
- b. Weigh-Ins
 - a. A lifter must compete in the weight class in which they qualified.
 - b. If the lifter knows that he or she cannot make his or her qualifying weight class, he or she may go up a weight class before the weight-change dead line found on the entry form, but not down, so that he or she may set records, place in the meet and receive a trophy.
 - c. If a lifter does not make weight at the Worlds and there is no other lifter in the next higher weight class, he or she may be allowed to lift and at the discretion of the WABDL President, he or she may be allowed to set records, place and receive a trophy.
 - d. If there are other lifters in the next higher weight class, he or she may lift but will not place, receive a trophy and at the discretion of the WABDL President, he or she may not receive records that may have been set.
- 6. Judges Apparel
 - a. All judges on the platform will be required to wear a WABDL Judge’s shirt provided by the WABDL President.
 - b. The shirt is to be worn with clean, neat Khaki pants and appropriate shoes.
- 7. State Record Attempts
 - a. A 4th attempt for a state record is not allowed at the World Championships.

Collegiate National Variations

The following rule variations only apply to the Collegiate National Competition.

1. Eligibility - Lifters who wish to compete in the WABDL Collegiate National Championships must meet the following criteria:
 - a. Lifters must be enrolled at least half-time (6 credit hours) in an accredited credit-bearing undergraduate or graduate/professional program at a U.S. college or university (this includes institutions located in U.S. territories and possessions).
 - b. Lifters must not have reached the age of 26 by the day of the meet.
 - c. Both undergraduate AND graduate/professional students are eligible.
 - d. Lifters who are unable to attend school full-time are eligible.

- e. International students studying at U.S. institutions and who meet the criteria above are eligible.
 - f. Lifters are eligible until the age of 26, no matter when they began their college or university study.
 - g. There is no qualifying total required.
2. Team Rules and Roster – The Collegiate National Competition will feature modified team rules.
- a. There is NO team entry fee. Each school represented will be entered automatically in the team competition, even if a school is represented by only one lifter.
 - b. We will be using a 13-spot roster. Teams that can fill the roster completely may also designate two alternates.
 - c. If a team cannot completely fill the roster, the roster will be completed automatically by the meet director; there is no need to send in a completed roster unless your team can fill a roster completely.
 - d. A roster may consist of bench pressers and/or deadlifters in any combination; the roster can be all bench pressers, all deadlifters, or a mix (note that this is different from standard WABDL rules governing rosters).
 - e. For scoring and placing refer to page 6 section I.
3. Special Rules on Records
- a. All lifters are eligible to set WABDL Collegiate State and National Records.
 - b. All lifters are eligible to set applicable WABDL State, National, and World Teen Records and State, National, and World Junior Records without having to pay any additional division entry fees.
 - c. Lifters who compete in both the bench press and the deadlift will be eligible to set WABDL Collegiate State and National Push-Pull Total records.
 - d. Push-Pull Total records are for this and the High School National competition ONLY.
4. Lifting Costumes
- a. Single Ply Bench Shirts ONLY allowed for this competition. No double ply shirts allowed.
 - d. All other WABDL rules concerning apparel and gear apply. See pages 8 – 12 for a full list of rules concerning lifting apparel and gear.

High School National Variations

The following rule variations only apply to the High School National Competition.

1. Eligibility - Lifters who wish to compete in the WABDL High School National Championships must meet the following criteria:
 - a. Lifters must be enrolled fulltime in high school or home school equivalent (9th grade through 12th grade).
 - b. Lifters must not have reached the age of 20 by the day of the meet.
 - c. International students studying at U.S. institutions and who meet the criteria above are eligible.
 - d. Lifters are eligible until the age of 20, no matter what grade they are currently enrolled.
 - e. There is no qualifying total required.
2. Team Rules and Roster – The High School National Competition will feature modified team rules.

- a. There is NO team entry fee. Each school represented will be entered automatically in the team competition, even if a school is represented by only one lifter.
 - b. We will be using a 13-spot roster. Teams that can fill the roster completely may also designate two alternates.
 - c. If a team cannot completely fill the roster, the roster will be completed automatically by the meet director; there is no need to send in a completed roster unless your team can fill a roster completely.
 - d. A roster may consist of bench pressers and/or deadlifters in any combination; the roster can be all bench pressers, all deadlifters, or a mix (note that this is different from standard WABDL rules governing rosters).
 - e. For scoring and placing refer to page 6 section I.
3. Special Rules on Records
 - a. All lifters are eligible to set WABDL High School State and National Records.
 - b. All lifters are eligible to set applicable WABDL State, National, and World Teen Records without having to pay any additional division entry fees.
 - c. Lifters who compete in both the bench press and the deadlift will be eligible to set WABDL High School State and National Push-Pull Total records.
 - d. Push-Pull Total records are for this and the Collegiate National competition ONLY.
 4. Lifting Costumes
 - a. Single Ply Bench Shirts ONLY allowed for this competition. No double ply shirts allowed.
 - b. All other WABDL rules concerning apparel and gear apply. See pages 8 – 12 for a full list of rules concerning lifting apparel and gear.
 5. Weigh-ins
 - a. Morning weigh-ins the day of the meet will be allowed for this meet ONLY.
 - b. All other WABDL rules concerning weigh-ins will be followed. See pages 18 & 19 for a full list of rules concerning all other weigh-in questions.

Miscellaneous

1. Lifters cannot qualify for the WABDL World Championship at a meet not sanctioned by the WABDL or at a WABDL meet where a kilo set is not used.
2. Guest lifters are not allowed to lift in WABDL sanctioned competitions.
3. WABDL lifters are free to lift in any other federation.
4. WABDL Meet Directors and Co-Meet Directors cannot lift or compete in their own competition.
5. WABDL Meet Directors may only put on WABDL competitions.
6. If deemed necessary during a competition, the WABDL President, Meet Director or WABDL Competition Officials / Judges may temporarily suspend the progress of the competition to fully consider a serious complaint brought by a lifter or his or her coach. After due consideration the complainant will be informed of any decision and any appropriate action that may be taken. The verdict of the WABDL President, Meet Director or WABDL Competition Officials / Judges will be considered final and there will be no right or appeal to another body of officials.
7. Any company selling powerlifting apparel that meets the requirements of the WABDL and wants the apparel sanctioned for use in this federation must pay a one-time licensing fee of \$2,500.00.

THE FINAL INTERPRETATION OF THESE RULES AS TO MEANING, DEFINITION, AND /OR INTENT LIES WITH THE WABDL PRESIDENT AND HIS DECISION IS FINAL!

NOTE: Occasionally, these rules and regulations will be modified because of a physical disability that is medically verified. This is done on a case-by-case basis and the judges are notified in advance of the lifts of the medical disability. Sometimes the qualifying meet requirement will be waived due to a lifter's injuries, extenuating circumstances, religious considerations, or medical reasons. The WABDL President does this on a case-by-case basis.

Contact information

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