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# **Bench Press/Push Pull Abridged Rules**



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## General Information

### Guiding Bodies

World Police and Fire Games Federation (WPFGF)

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The official Bench Press and Push Pull rules of the World Police and Fire Games (WPFGF) are based upon recognized international bench press and deadlift rules and standards. The WPFGF Bench Press and Push Pull events are NON-sanctioned and NOT affiliated with any known powerlifting organizations, councils, federations, etc.

### Venue

RBC Convention Centre

### Entry Deadline

July 25, 2023

### Event Information

Men

- Age Categories:
  - 18-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74 & 75+
- Weight Categories:
  - 59 kg Class - up to 59.0 kg (130 lbs & under)
  - 66 kg Class - from 59.01 kg to 66.0 kg (145.5 lbs & under)
  - 74 kg Class - from 66.01 kg to 74.0 kg (163 lbs & under)
  - 83 kg Class - from 74.01 kg to 83.0 kg (182.75 lbs & under)
  - 93 kg Class - from 83.01 kg to 93.0 kg (205 lbs & under)
  - 105 kg Class - from 93.01 kg to 105.0 kg (231.25 lbs & under)
  - 120 kg Class - from 105.01 kg to 120.0 kg (264.5 lbs & under)
  - 120+ kg Class - from 120.01 kg and up ( Over 264.5 lbs)



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## Women

- Age Categories:
  - 18-29, 30-39, 40-49, 50-59 & 60+
- Weight Categories:
  - 47 kg Class - up to 47.0 kg (103.5lbs & under)
  - 52 kg Class - from 48.01 kg to 52.0 kg (114.5 lbs & under)
  - 57 kg Class - from 52.01 kg to 57.0 kg (125.5 lbs & under)
  - 63 kg Class - from 57.01 kg to 63.0 kg (138 3/4 lbs & under)
  - 72 kg Class - from 63.01 kg to 72.0 kg (158.5 lbs & under)
  - 84 kg Class - from 72.01 kg to 84.0 kg (185 lbs & under)
  - 84+ kg Class - from 84.01 kg to unlimited (Over 185 lbs)

**Note:** The Events for Bench Press and Push Pull are offered in all weight categories for each of the age categories.

\*Age grouping is determined by the lifter's actual age on the first day of the WPFG.

All changes the competitor wishes to make must be completed prior to the beginning of the WPFG.

## Registration

Competitors will not be permitted to register for the Bench Press or Push-Pull Competitions at the weigh-in venue or the competition venue. Officials conducting the equipment check and the weigh-in are not authorized to alter any documents supplied through official registration channels.

Powerlifting-Federation membership cards are NOT required for participation.

## Sport Equipment

### Costume and Personal Gear

1. **Costume:** A lifting costume will consist of a one-piece non-supportive full length lifting suit such as a wrestling singlet or weightlifting costume. It will have legs of a minimum of 3 cm and the legs may be longer than 15 cm but may not reach the knee. Only costumes officially approved by the WPFG Technical Committee will be permitted for use in the Bench Press and the Push-Pull competitions.
2. **T-Shirt:** A T-Shirt will be worn under the lifting suit during the performance of the Bench Press for both men and women. The T-Shirt will be made of cotton or polyester, or a combination thereof, but not of a stretch material or denim. It will not have sleeves that end below the elbow or up at the deltoid. The T-Shirt will be plain but may have a department logo on it or be the official T-Shirt of the WPFG.



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Designs that are offensive or likely to bring the WPFG into disrepute are not allowed. A sponsor's logo must conform to the technical rules of the WPFG. Specialized Bench Shirts or other supportive type shirts are not permitted.

3. **Belt:** Competitors may wear a belt. If worn it will be worn on the outside of the lifting suit. The main body will be made of leather, vinyl or other similar non-stretch material in one or more laminations which may be glued and/or stitched together. It may not have additional padding, bracing or supports of any material concealed within the laminations of the belt. The belt may have a buckle with one or two prongs or (quick release) type buckle. The maximum width of the belt is 10 cm. The maximum thickness along the main length is 13 mm. The lifting belt will be the only supportive gear permitted.
4. **Briefs/Supporters:** A standard commercial “athletic supporter” or standard commercial brief of any mixture of cotton, nylon or polyester, but not swimming trunks or any other garment consisting of rubberized or similar stretch material (except in the waistband) will be worn under the lifting suit. Provided that:
  - a. Any support to the body of the lifter, which may be provided by the “athletic supporter” or briefs, is limited to the lifter’s lower abdominal wall.
  - b. The garment does not have legs and does not extend down the lifter’s thighs.
5. **Lifting shoes or boots** will be worn. Shoes include boots, support shoes, trainers, gymnastic slippers or any foot covering that has a patterned molding or foot type outline that provides an innersole. Shoes with metal spikes or cleats are not permitted. Height of the heel will not exceed 5 cm.
6. **Knee Socks:** Knee Socks will be worn while deadlifting. Socks will be white in colour. Socks will not be of such length that they come in contact with the kneecap. Protective covering may be added to the inside of the socks to cover and protect the shins if they are determined at equipment check to be of no aid in the performance of the lift.
7. **Wrist Wraps:** The use of wrist wraps will be permitted under the following restrictions:
  - a. Only one wrist wrap is permitted on each hand.
  - b. The wraps may not exceed 61cm (24 inches) in length or 8cm (3.2 inches) in width.
  - c. The wraps may not exceed a covering width of 12cm (4.7 inches).
  - d. The tightening loops must not be over the thumb during the lift.



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8. Standard commercial sweatbands may be worn, not exceeding 12 cm in width.
9. A combination of wrist wraps and sweatbands is not allowed.

## Competition Format

### Scheduling

The Bench Press and Push Pull competitions are each scheduled for 3 days. See [Sport Schedule](#) for details.

All weigh-ins will be scheduled for the night prior to the competition.

### BENCH PRESS

Day 1 - All Women's Classes and Men through 74 kg (163 lbs) and under;

Day 2 - Men in the following weight divisions:

83 kg (182.75 lbs) and under

93 kg (205 lbs) and under

105 kg (231.25 lbs) and under

Day 3 - Men in the following weight divisions:

120 kg (264.50 lbs) and under

120.01 kg (264.51 lbs) and over



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## **PUSH PULL**

Day 1 - All Women's Classes and Men through 74 kg (163 lbs) and under

Day 2 - Men in the following weight divisions:

83.00 kg (182.75lbs) and under

93.00 kg (205 lbs) and under

105.00 kg (231.25 lbs)

Day 3 - Men in the following weight divisions:

120.00 kg (264.50#) and under

120.01 kg (264.5lbs) and over

*\*WPFG Reserves the right to adjust the below schedule based on numbers of competitors in each division. The above schedule is tentative, the confirmed schedule will be shared in the Confirmation Letter.*

## **The Round System**

1. At the weigh-in, the lifter or lifter's coach must declare a starting weight/opening attempt for each of the events entered. Starting weights/opening attempts must be entered on the speaker card, signed by the lifter or lifter's coach and retained by the officials conducting the weigh-in.
2. If the lifter is entered in the Bench Press event only, the lifter will be given five blank attempt cards. If entered in the Push-Pull, the lifter will be given three cards for the Bench Press and five cards for the Deadlift. Each event is distinguished by a different coloured card.
3. Having made his/her first attempt at a lift, the lifter or lifter's coach must decide upon the weight required for a second attempt. The weight must be filled in where indicated on the card and submitted to the Competition Secretary or other appointed before the one minute time allowance has elapsed. The same procedure is to be used for the second and third attempts for each lift. Responsibility for submitting attempts within the time allowance rests solely with the lifter or lifter's coach. In the Bench Press only event, the fourth and fifth boxes are to be used for the two permitted changes in the third attempt, if required. In the Push-Pull event, fourth and fifth boxes of the Deadlift card are to be used for the two permitted changes in the third attempt, if required.
4. Where 10 or more lifters are competing in a session, groups may be formed consisting of approximately equal numbers of lifters. However, groups must be formed when 15 or more lifters are competing in the same session. A session may



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be composed of a single body weight category or any combination of body weight categories at the discretion of the responsible competition officials.

5. Each lifter will take a first attempt in the first round, a second attempt in the second round and a third attempt in the third round
6. When a group of less than 6 lifters, compensatory time allowances will be added at the end of each round as follows: for 5 lifters add one minute; 4 lifters add two minutes; for 3 lifters add three minutes. Three minutes is the maximum time allowance permitted. For compensatory time where groups are involved, unloading the bar will take place at the end of the compensatory time, reloaded, then one minute to begin the lift.
7. The bar must be loaded progressively during each round on the principle of the rising bar. At no time will the weight of the bar be lowered within a round except for errors, and then only at the end of the round.
8. Lifting order within each round will be determined by the lifter's choice of weight for that round. In the event of two or more lifters choosing the same weight, the lifter with the lowest lot number will lift first. The same applies to third round single-lift Bench Press attempts and third round Deadlift attempts, where the weight may be changed twice, subject to the bar not having been loaded for the lifter's original chosen weight.
  - Example: Lifter A with lot number 5 puts in 250 kg
  - Lifter B with lot number 2 puts in 252.5 kg
  - Lifter A fails with 250 kg. Can lifter B drop the weight to 250 kg to win?
  - No, the order of lifting is still determined by the lot number.
9. If unsuccessful with an attempt, the lifter does not follow himself/herself, but must wait until the next round before attempting that weight again.
10. If in a round an attempt is unsuccessful due to a wrongly loaded bar, spotter error or equipment failure, the lifter will be granted a further attempt at the correct weight. If the fault is a wrongly loaded bar and the attempt has not actually started, then the lifter will be given the option of either continuing at that time or taking another attempt at the end of the round. In all other cases the lifter will take his/her extra attempt at the end of the round. If the lifter also happens to be the last lifter in the round, he/she will be granted a three-minute rest prior to making his/her attempt.





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11. A lifter is permitted one change of weight on the first attempt of each lift. The change of weight may be higher or lower than that originally submitted and the order of lifting in the first round will change accordingly. If the lifter is in the first group, this change may take place at any time up to within five minutes before the start of the first round of that lift. The previous group's last round of that lift. Prior notice of these deadlines will be announced by the speaker. If proper notice of these deadlines is not given, then an announcement authorizing such changes will be made and a lifter may make a change within five minutes of such announcement.
12. A lifter must submit their second and third attempts within one minute of completing their preceding attempt. The one minute will begin from the time the lights are activated. If no weight is submitted within the one minute time allowance, the lifter's next attempt will automatically be the same as the proceeding "No Lift" attempt and/or will automatically be assumed at 2.5 kg more than the preceding "Good Lift" attempt
13. Weights submitted for second round attempts cannot be changed. Under this rule one a second attempt has been turned in, it cannot be withdrawn. The bar will be loaded to the turned in weight and the clock will run
14. In the third round of the single-lift Bench Press, and the third round of the Deadlift in the Push-Pull competition, changes are permitted. The change may be higher or lower than the lifter's previously submitted third attempt. However, these are only permitted provided the lifter has not been called to the bar already loaded to his/her previously submitted weight. If the bar is declared "Ready" or words to that effect by the Chief Referee, then the lifter is committed to the attempt.  
  
**Note:** On the principle of the rising bar, should the lifter fail his/her second attempt or should the lifter declare that he/she "forfeits" his/her second attempt, the weight cannot be lowered when the two (2) weight changes of third attempt are permitted.
15. When two or more groups take part in a session upon a single platform, lifting will be organized on a group repetition basis. No time interval will be allowed between rounds other than that necessary for arranging the platform.

For example: In the Push-Pull competition, if two or more groups are taking part in a session, the first group will complete all three rounds of the Bench Press. This will be followed immediately by the second group which will complete their three rounds in the Bench Press and so forth, until all the bench pressing for that session has been completed. The platform will then



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be set up for the Deadlift and the procedure outlined above will be followed in the Deadlift until all of the lifts in that event have been completed.

### Awards

Medals are awarded first through third place (1st - 3rd).

## Sport Rules

Lifts: The WPFG recognizes the following lifts:

- (a) Bench Press (b) Deadlift
- (c) Push Pull - a combination of (a) & (b)

Competition takes place between lifters in categories defined by gender, body weight and age.

### Attempts

Each competitor is allowed three attempts on each lift. The lifter's best valid attempt on each lift counts towards his/her competition total. No fourth attempts are permitted for the setting of records. The winner of a category will be the lifter who achieves the highest total. Lifters failing to achieve a total are eliminated from the competition. If two or more lifters in an identical category achieve the same total, the lighter lifter ranks above the heavier.

### General Sport Rules

1. Medical Tape: contingent upon the approval by the Jury, Official Doctor, Paramedic, EMT personnel on duty may apply medical tape to bodily injuries in a fashion that would not grant the lifter undue advantage. Medical tape may not be used as aids to the lifter in holding the bar. In the absence of Jury or medical personnel, the Chief Referee will have jurisdiction over the use of medical tape.
2. The use of oil, grease or other lubricants on the body, costume or personal equipment is **strictly forbidden**.
3. Baby Powder, resin, talc or magnesium carbonate are the only substances that may be added to the body and attire.
4. The use of any form of adhesive on the underside of footwear is **strictly forbidden**. This applies to any built-in adhesive, e.g. glass paper, emery cloth, etc., and also includes resin and magnesium carbonate.



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5. **No foreign substances** may be applied to the powerlifting equipment. This takes into account all substances other than that which may be used periodically as a sterilizing agent in cleaning of the bar, bench or platform.

### **Inspection of Costume and Personal Equipment**


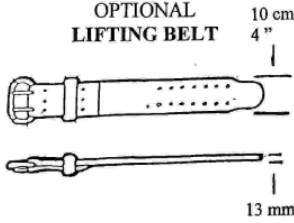





All competitors will submit their costume and personal equipment for inspection prior to their admission to the weigh-in room.

**Note:** All WPFG Bench Press and Push-Pull events are “Raw” or non-supportive competitions. The use of supportive apparel is not permitted. This exclusion includes, but is not limited to: specialized bench shirts, support shirts, reinforced lifting suits, specialized support briefs and all wraps. Knee wraps are likewise excluded.

Standard commercial headbands may be worn while lifting; however, such headbands must be declared and listed during the check of personal equipment.

1. The inspection of costume and personal equipment for each and every lifter in the competition may take place at any time prior to or during the weigh-in as well as throughout the meet, prior to and within 20 minutes of the start of his/her particular flight.
2. All items mentioned previously under costume and personal equipment will be inspected.
3. Any item considered unclean or torn will be rejected.
4. The referees will record each item on the official inspection sheet. The inspection sheet will be given to the Jury at the end of the inspection period.
5. If after the inspection a lifter appears on the platform wearing any item not listed on the Inspection Sheet, other than that which the referee may have inadvertently passed, the lifter will immediately be disqualified from the competition.
6. Hats/caps are strictly forbidden to be worn on the platform during the lifting, items such as watches, costume jewelry, eye wear and feminine hygiene products need not be inspected.

COSTUME AND PERSONAL GEAR CHART HERE

 <p>MANDATORY T-SHIRT</p>	<p>OPTIONAL LIFTING BELT</p>  <p>10 cm 4" 13 mm</p>
 <p>MANDATORY LIFTING COSTUME</p>	 <p>MANDATORY SHOES OR BOOTS</p>
<p>ILLEGAL MANDATORY BRIEFS</p>  <p>INCORRECT MAY NOT HAVE LEGS</p> <p>LEGAL</p> 	<p>MANDATORY KNEE SOCKS</p>  <p>LEGAL ILLEGAL</p> <p>FOR USE IN DEADLIFT ONLY</p>

### Bench Press Rules of Performance

1. The bench will be placed on the platform with the head end facing the front or angled up to 45 degrees.
2. The lifter must lie on his/her back with shoulders and buttocks in contact with the bench surface. The soles and heels of his/her shoes should be in contact with the floor or blocks. This body position must be maintained throughout the lift. **Lifter's hand and fingers must grip the bar with "thumbs around" grip while the bar is positioned in the racks. This grip must be maintained throughout the lift.**



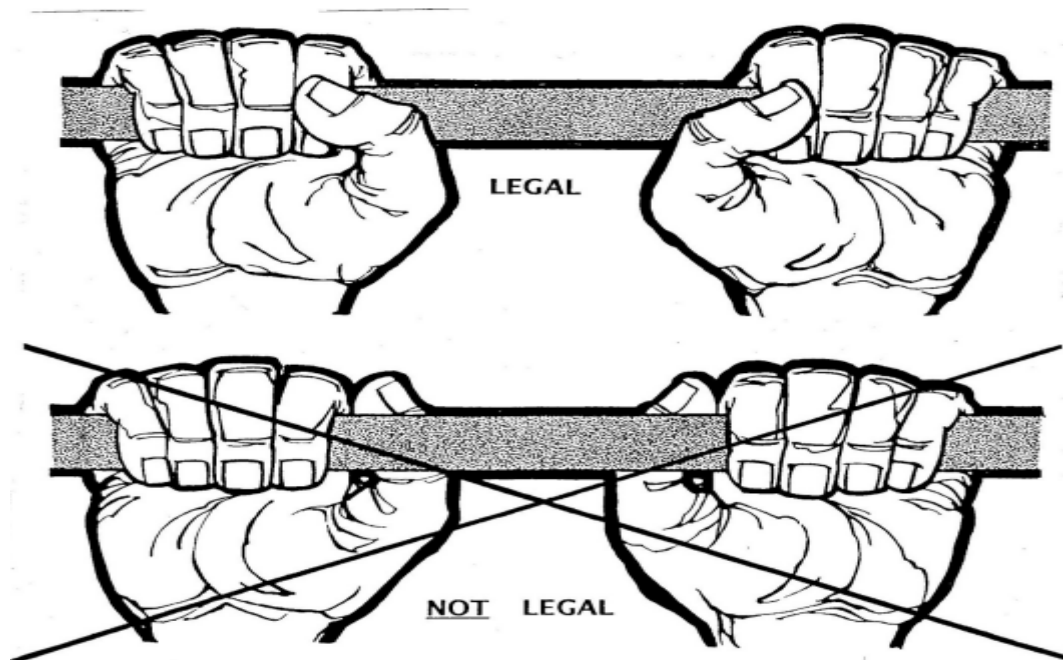
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3. To achieve firm footing, the lifter may use flat surfaced discs or blocks not exceeding 30 cm in total height to build up the platform. Slight or very minor foot movement is allowed on the platform or on the blocks.
4. Not more than five and no fewer than two spotters/loaders will be on the platform at any time. After correctly positioning themselves, the lifter may enlist the help of the spotters/loaders in removing the bar from the racks. The lift-off if assisted by the spotters/loaders must be to full arms extension.
5. The spacing of the hands will not exceed 81 cm measured between the forefingers (both forefingers must be within the 81 cm marks). If in the case of some old injury the lifter is unable to grip the bar equally with both hands he/she must inform the referees prior to the lift-off for each attempt and if necessary the bar will be marked accordingly. The use of the reverse grip is forbidden.
6. After removing the bar from the racks, with or without the help of the spotters/loaders, the lifter will wait with elbows locked for the Chief Referee's signal. The signal will be given as soon as the lifter is motionless and the bar is properly positioned. For reasons of safety, the lifter will be requested to "Replace" the bar, together with a backward movement of the arm, if after a period of five seconds he/she is not in the correct position to begin the lift.
7. The signal to begin the attempt will consist of a downward movement of the arm together with the audible command "Start".
8. After receiving the signal the lifter must lower the bar to the chest, hold it motionless on the chest with a definite and visible pause. (Motionless means stopped). The Chief Referee will then give the audible command "Press". The lifter must then return the bar to full extension of the arms with no excessive/immoderate uneven extension of the arms, both arms locking out simultaneously/together. When held motionless in this position the audible command "Rack" will be given together with a backward motion of the arms, and at this time the spotter may assist in replacing the bar.
9. If anatomically, the arms cannot be fully extended the lifter will inform the referees prior to each attempt.

#### **Bench Press Grip (for Bench Press and Push Pull)**

1. As a lifter grips the bar, the palms will be facing outward and away from the face at all times

2. As the lifter grips the bar, the thumbs will be placed around the bar toward the palm side of the hand with the thumbnail in close proximity to the tip of each forefinger.



### **Causes for Disqualification of a Bench Press**

1. Failure to observe the Chief Referee's signals at commencement and completion of the lift.
2. Any change in the elected position during the lift proper, i.e., any raising movement of the shoulders, buttocks, from the bench or feet from the floor/blocks-discs or lateral movements of the hands on the bar.
3. Heaving, bouncing or sinking the bar into the chest after it has been motionless on the chest and the "Press" has been given, to make the lift easier.
4. Any pronounced/exaggerated uneven extension of the arms during the lift.



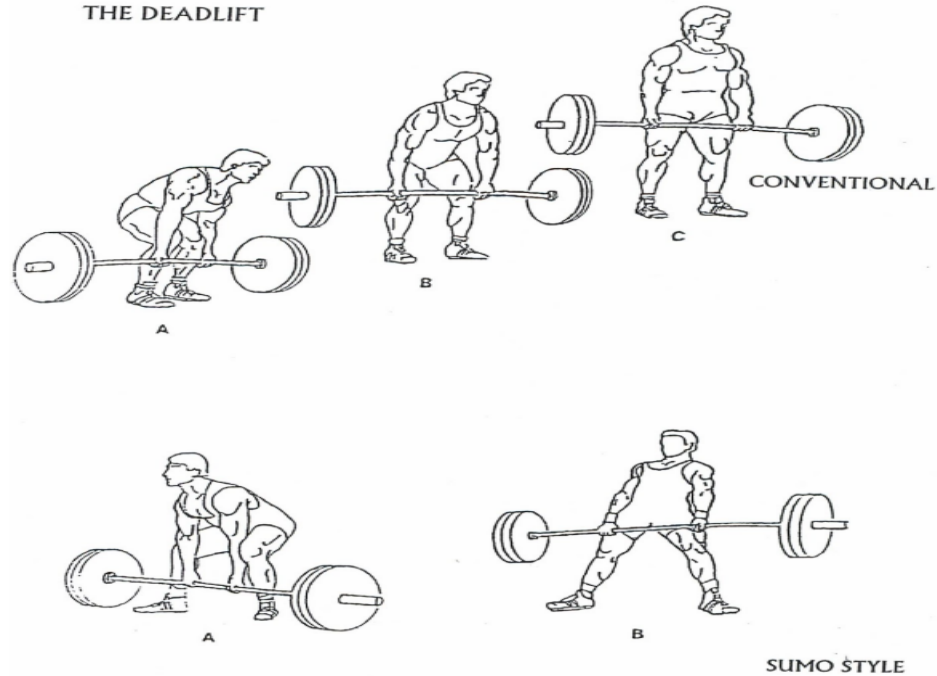
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5. Any downward movement of the bar in the course of being pressed out.
6. Failure to press the bar to full extension of the arms simultaneously at the completion of the lift.
7. Contact with the bar of the lifter by the spotters/loaders between the Chief Referee's signals, to make the lift easier.
8. Any contact of the lifter's feet with the bench or its supports.
9. Failure to comply with any of the Rules of Performance.

### **Deadlift Rules of Performance**

1. The lifter will face the front of the platform 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.
2. Upon completion of the lift the knees will be locked in a straight position and the shoulders back.
3. The Chief Referee's signal will consist of a downward movement of the arm and the audible command "**Down**". The signal will not be given until the bar is held motionless in the apparent finished position. If the bar is shaking when at the knee area, although not exactly pure, this is not a cause for failure.
4. Any raising of the bar or deliberate attempt to do so will count as an attempt. Once the attempt has begun no downward movement is allowed until the lifter reaches the erect position with the knees locked. If the bar settles as the shoulders come back this should not be a reason to disqualify the lift.

### THE DEADLIFT



Note: In each finished position the shoulders are in the erect position – not rounded or forward.  
The knees are locked in a straight position

### Causes for Disqualification of a Deadlift

The lifter will benefit in all decisions of doubt made by the referee:

1. Any downward movement of the bar before it reaches the final position.
2. Failure to stand erect with the shoulders back.
3. Failure to lock the knees straight at the completion of the lift.
4. Supporting the bar on the thighs during the performance of the lift. If the bar edges up the thighs but is not supported this is not reason for disqualification.
5. Stepping backward or forward, although lateral movement of the sole or rocking feet between ball and heel is permitted.
6. Lowering the bar before receiving the Chief Referee's signal.





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7. Allowing the bar to return to the platform without maintaining control with both hands, i.e. releasing the bar from the palms of the hands.
8. Failure to comply with any of the Rules of Performance

### **Numbered Card System**

Color of Cards:

- Failure #1 = Red
- Failure #2 = Blue
- Failure #3 = Yellow

### **BENCH PRESS**

#### 1. Red Card

- Bar not motionless on chest thus not waiting for “PRESS” command.

#### 2. Blue Card

- Any pronounced or exaggerated uneven extension of the arms during the lift.
- Any downward movement of the bar in the course of being pressed out.
- Failure to press the bar to full extension of the arms simultaneously at completion of the lift.

#### 3. Yellow Card

- Heaving, bouncing, or sinking the bar after the “PRESS” command has been given, in such a way as to aid the lifter.
- Failure to observe the Chief Referee’s signals at the commencement and completion of the lift.
- Any change in the elected lifting position during the lift proper, i.e., any raising movement of the shoulders, buttocks, or feet from his/her original points of contact with the bench or floor or lateral movement of the hands on the bar. Slight or very minor foot movement is allowed.
- Contact with the bar or the lifter by the spotter/loaders between the Chief Referee’s signals, in order to make the lifter easier.
- Any contact of the lifter’s feet with the bench or its supports.
- Deliberate contact between the bar and the bar rest supports in order to make the lift easier.
- Failure to comply with the rules of performance.

### **DEADLIFT**

#### 1. Red Card

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



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- Failure to stand erect with the shoulders back.
2. Blue Card
- Any downward motion of the bar before it reaches the final position. If the bar settles as the shoulders come back this should not be a reason to disqualify the lift.
  - Supporting the bar on the thighs during the performance of the lift. If the bar edges up the thighs but is not supported, this is not reason for disqualification
3. Yellow Card
- Lowering the bar before receiving the Chief Referee's signal.
  - Allowing the bar to return to the platform without maintaining control with both hands, i.e., releasing the bar from the palms of the hand.
  - Stepping backward or forward, although lateral movement of the sole or rocking the feet between ball and heel is permitted.
  - Failure to comply with the rules of performance.

### **Weigh-In Procedures**

1. At the weigh in, all competitors will have the following authorized lifting gear with them before being allowed to step on the scales: t-shirt, lifting costume, briefs, shoes or boots, and knee socks for push-pull, and a lifting belt is optional. No exceptions.
2. Weighing in of competitors will not take place no more than 24 hours prior to competition for the specific weight category. **An additional weigh-in will be held two hours prior to actual competition and will last one and one-half hours.**
3. If not already done based on receipt of entry forms, lots will be drawn to establish the order of the weigh-in. The lots drawn also establish the order of lifting throughout the competition when lifters require the same weight for their attempts.
4. Weigh-ins will be in secret and the lifters will be allowed in one at a time. The weigh-in room will be locked and the only persons allowed in are the lifter and his/her coach or trainer. The weigh-in results will not be made known until after all weigh-ins are completed.
5. Lifters will weigh-in nude or in briefs. For reasons of hygiene the lifter should wear socks on the scales platform. The platform may also be covered with paper toweling. The weigh-in procedures will ensure that all lifters are weighted by officials of their own gender. Additional female officials may be appointed for this purpose.



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6. **Each lifter can only be weighed once**, except those heavier or lighter than the category limit. They are allowed to return to the scales. They are allowed one and one-half hours at a maximum from the beginning of the weigh-in session to make the proper weight. The lifter in question must wait until all lifters have been weighed once and then those re-weighing may have as many opportunities to re-weigh as time allows, in an orderly fashion with consideration given to lot numbers. Only one re-weigh will be allowed if the time limit has expired.
7. A lifter who is too heavy or is too light will move into the appropriate category, provided that the class has not completed already.
8. If there are no other lifters in the class which the lifter has entered and the lifter has designated on his/her original entry that he/she does not wish to be moved in bracketing, the lifter will remain in that class and, upon successfully completing his/her lifts, receive a gold medal. If a number of lifters have applied but only one or two show, they may not be moved. They must lift in the age category which they indicated on their entry form.
9. When two lifters register the same weight at the weight-in, and during the competition achieve the same total, they will be re-weighted with the lighter lifter taking preference.
10. Lifters should check bench press rack height, and, if needed, prepare the use of foot blocks/discs if desired prior to the start of the competition. The rack height sheet and noting of the use of foot blocks/discs should be initiated by the lifter or his/her coach.

### **Platform**

During any competition taking place on a platform or stage, only the lifter, lifter's coach, members of the Jury, officiating referees and the spotters/loaders will be allowed around the platform or on the stage. During the execution of the lift only the lifter, spotters/loaders and the officiating referee are permitted to be present on the platform. Coaches will remain within the designated area as defined by the Jury or Technical Secretary.

A lifter will not adjust his/her costume or use ammonia within view of the public. The only exception to this rule is that he/she may adjust his/her belt.

### **Errors in Loading**

The Chief Referee decisions taken in the case of loading errors or incorrect announcements by the speaker will be final. The Chief Referee's decisions will be given to the Speaker who will then make the appropriate announcement.



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## **Disqualification**

1. Three unsuccessful attempts in either the single-lift Bench Press or with the lift in the Push-Pull event will automatically eliminate the lifter from the competition
2. On the completion of an attempt, a lifter will leave the platform within 30 seconds. Failure to comply with this rule may result in disqualification of the attempt at the discretion of the referees
3. If during competition warm up, a lifter suffers injury or in any other way exhibits signs of a condition which may unduly jeopardize the lifter's health and well being, the official medical officer has the right of examination. If the medical officer considers it inadvisable for the lifter to continue, the medical officer may, in consultation with the Jury, insist on the lifter retiring from the competition. If present, the lifter's team manager must be officially informed of both warning and disqualification
4. The Jury and Referees may, by majority decision, immediately disqualify a lifter or coach or manager if they are of the opinion that any misconduct is serious enough to warrant immediate disqualification rather than an official warning
5. Any lifter or coach who by reason of their misconduct upon or near the competition platform is likely to discredit the sport shall be officially warned. If the misconduct continues, the Jury, or referees in the absence of the Jury, may disqualify the lifter or coach and order the lifter or coach to leave the venue. If present, the lifter's team manager must be officially informed of both warning and disqualification.

## **Appeals/Complaints**

All appeals against referee's decisions, complaints regarding the progress of the competition or against the behaviour of any person or persons taking part in the competition must be made to the Jury. The Jury may require the appeal to be made in writing. The appeal or complaint must be lodged with the President of the Jury by the team manager, or coach or in their absence, the lifter. This must be done immediately following the action upon which the appeal or complaint is based. It will not be considered unless these terms are met. If deemed necessary, the Jury may temporarily suspend the progress of the competitions and retire to consider its verdict. After due consideration and upon reaching a majority verdict, the Jury will return, and the president will inform the complainant of its decision. The Jury's verdict will be considered final and there will be no right of appeal to any other body. Upon recommencement of the competition which had been suspended, the next lifter will be given three minutes to commence their lift.



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### **Players Conduct**

Any serious violation of conduct, such as fighting or violence toward other participants or officials will result in the participants immediate disqualification from the competition. The sport coordinator shall immediately notify the WPFGE, who will investigate each incident to determine if additional discipline will be imposed.