



UPA Judges Certification Test

Please complete all of the questions below and submit your signed test along with a \$15.00 processing fee to the UPA Headquarters. To pass the test you must correctly answer at least 24 of the 30 questions listed below. Your UPA Judges Certification will be valid for 3 years from the date of your submission. If you have any questions please feel free to contact us.

1. List five causes for disqualification in the squat

- 1.
- 2.
- 3.
- 4.
- 5.

2. List five causes for disqualification in the Bench Press

- 1.
- 2.
- 3.
- 4.
- 5.

3. List five causes for disqualification in the Deadlift

- 1.
- 2.
- 3.
- 4.
- 5.

4. Under what circumstances may the lifting straps of the lifting suit not be worn over the shoulders?

5. The length of the leg of the lifting suit when worn, may be how long at it's maximum length?
6. As the side referee, you note that the lifter's feet contact the bench supports during the course of the lift. What is your appropriate action?
7. In the Squat you are the head judge and the lifter does not wait for your squat command. What is your appropriate action?
8. Under what circumstances may a lifter change a first attempt?
9. Under what circumstances may a lifter change a second attempt?
10. Which of the competitive lifts requires a referee's signal to start the lift?
11. What is the maximum grip width in the bench press?
12. Where on the lifter or apparel may spray stick-um be used?
13. What substances may be applied to the bar or bench?
14. Where on the platform (Rear or side) may coaches stand during the performance of the lift?
15. What may occur to the lifter who intentionally drops a lift?
16. In the bench press, the bar makes contact with the bench upright? What is your ruling?
17. In the bench press you see the lift off guy hang on to the bar as the lifter descends. What is your ruling?
18. A lifter in the bench press starts on his toes and drives his heels down while he is lifting. What is your ruling?
19. In the bench press the lifter is given a 3 man lift off at arms length by his own lift off guys. The lifters lift off guys take the place of the official spotters. What is your ruling?

20. In the bench press, the lifter elects to raise his or her head during the performance of the lift. What is your ruling?

True or False

- 21. In the deadlift, the referee shall give a starting command. (T F)
- 22. In the squat a lifter hits parallel this is a good lift. (T F)
- 23. A lifter may have his or her up to 3 spotters hand off in the bench press. (T F)
- 24. In the squat a lifter may back away from the racks and then move forward or backward in order to establish his or her starting position. (T F)
- 25. In the deadlift the bar makes a downward movement - lift is no good. (T F)
- 26. In the bench the bar comes up uneven but locks at the end of the lift - lift is no good. (T F)
- 27. A lifter may squat with out a squat command. (T F)
- 28. Any lift is good if a spotter touches the bar or weight during a lift. (T F)
- 29. Lifter has one minute to get under the bar once his name is called. (T F)
- 30. Head judge can overrule side judges if he sees the lift is not locked out in any of the 3 competitive lifts. (T F)

Print Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Signature: _____

E-mail: _____ Phone: _____

Date : _____

* Please submit to:

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