OFFICIAL 2026 U.P.A. RULEBOOK

Contents

General Rules	3
Bodyweight and Age Categories	4
Equipment and Specifications	5-9
Powerlifts and rules of Performance	10-13
Weighing In	13
Order or competition	14-17
Referees	17-21
National Records	21
Raw Division Equipment	22 - 23
UPA Memberships	24
UPA-AD Division (Drug Tested)	25

General Rules

1. The United Powerlifting Association recognizes the following lifts, which must be performed in the designated sequence in all applications conducted under U.P.A rules, with the exception of single lift competitions:

   a. squat b. bench c. deadlift = total

   The highest total of the best successes of each lift will result in a Total. Winner of the competition will be determined by the highest total.
2. 4th attempts in any given lift can be taken for All-time worlds records but will not count on the lifters total. To be eligible for a 4th attempt a successful third attempt must be within 20kg of the current world record.
3. In the event that 2 or more lifters are attempting to break the same World Record the lighter lifter will go first. If that attempt is successful the next lifter can take the next available attempt to break the record just set. If the first lifter fails to make his attempt the next lifter may take the unsuccessful weight of the first lifter. Thus eliminating what is known as the "anticipation rule".
4. All Competitions where "Best Lifter Awards" are presented. "Best Lifter Awards" will be established by Meet Directors choice - Wilks Formula, Schwartz/Malone Formula, or DOTS Formula.
5. For all U.P.A sanctioned events, lifters must have a current federation membership card secured prior to the event, as well as present card at weigh in.
6. 24 Weigh In rule will be in effect for ALL U.P.A. sanctioned events. Weigh ins cannot be opened until 24 hours prior to the advertised start of the first flight. Weigh in times in that 24 hour period will be at the meet director's discretion.
7. Chalk is the only substance allowed on a lifter. No stick-um is allowed on the lifter. Meet Directors discretion for stick-um allowed on the lifters feet.

Bodyweight Categories

MEN

52.0kg Class up to 52.0kg
56.0kg Class from 52.01 to 56.0kg
60.0kg Class from 56.01 to 60.0kg
67.5kg Class from 60.01 to 67.5kg
75.0kg Class from 67.01 to 75.0kg
82.5kg Class from 75.01 to 82.5kg
90.0kg Class from 82.51 to 90.0kg
100.0kg Class from 90.01 to 100.0kg
110.0kg Class from 100.01 to 110.0kg
125.0kg Class from 110.01 to 125.0kg
140.0kg Class from 125.01 to 140.0kg
140.0+kg Class from 140.01 to unlimited

WOMEN

44.0kg Class up to 44.0kg
48.0kg Class from 44.01 to 48.0kg
52.0kg Class from 48.01 to 52.0kg
56.0kg Class from 52.01 to 56.0kg
60.0kg Class from 56.01 to 60.0kg
67.5kg Class from 60.01 to 67.5kg
75.0kg Class from 67.51 to 75.0kg
82.5kg Class from 75.01 to 82.5kg
90.0kg Class from 82.51 to 90.0kg
90.0+kg Class from 90.01 to unlimited

Age Categories

Men and Women - Open (Senior): from 13 years upward.

Master	i)	from 40 years to and including 44 years of age
	ii)	from 45 years to and including 49 years of age
	iii)	from 50 years to and including 54 years of age
	iv)	from 55 years to and including 59 years of age
	v)	from 60 years to and including 64 years of age
	vi)	from 65 years to and including 69 years of age
	vii)	from 70 years to and including 74 years of age
	viii)	from 75 years to and including 79 years of age
	ix)	from 80 years upward
Sub Master		from 33 years to and including 39 years of age
Junior		from 20 years to and including 23 years of age
Teenage		from 13 years to and including 15 years of age
		from 16 years to and including 17 years of age
		from 18 years to and including 19 years of age

Competitive lifting shall be restricted to competitors aged 13 years and over. 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 they reach the stated upper limit of that category.

*Guest lifters - Ages 12 and under. Lifters registered as guests will not have their lifts or results included in the official UPA meet results. Only lifters with a valid UPA membership are eligible to set or break UPA State and Nation Records. Meet directors have the option to allow competitors ages 12 and under to compete in the Teenage 13-15 Division. These lifters must have a valid UPA membership for their lifts to count toward official meet result and qualify for UPA records.

Equipment and Specifications

1. **Platform**

All lifts shall be carried out on a platform not less than 2.46m x 2.46m (8ft x 8ft) and secure enough to insure the safety of the lifter, spotters, and loaders. The surface of the platform must be firm, nonslip, and level with no discernible seams in the vicinity of the general lifting area. Rubber mats or similar sheeting materials are permitted. No one is allowed on the platform during lifting sessions except the lifter, the designated spotters, the three referees on duty, and other meet officials as designated if the need arises. Any cleaning, mopping, brushing, or adjusting of the platform, or equipment will be handled solely by these personnel.

2. **Bars and Discs**

For all powerlifting competitions under the rules of the U.P.A., only disc barbells are permitted. Only bars and discs that meet all specifications may be used throughout the entire competition and for all lifts. The use of bars or discs that do not conform to specifications will invalidate any records that may have been accomplished. Different bars suited to particular lifts may be utilized providing that they conform to the specifications.

Specifications are as follows:

a. The bar shall be straight, well knurled, and grooved and shall conform to the following dimensions:

i) Total overall length not to exceed 2.2m, except for specialized squat bar.
ii) Distance between the inside collar is not to exceed 1.32m or be less than 1.31m except for specialized squat bar.
iii) Diameter of the bar is not to exceed 29mm or be less than 1.31m, except for specialized squat bar.
iv) Weight of the bar and collars is to be 25kg.
of the sleeve 49.5 - 52mm.
v) There shall be a circumferential machine marking or the bar shall be taped so as to measure 81cm between machining or tape.
vi) Specialized squat bar shall have a maximum diameter of 32mm; a maximum sleeve length of 508mm; distance between inside collar faces not to exceed 1434mm; a maximum overall length of 2400mm. Weight 30kg include collars and shall be voted on by competitors.
vii) Specialized bar shall be used for deadlifting to include the Oki deadlift bar, or the Elite deadlift bar.

b. Discs shall conform as follows:

i) All discs used in competition must weigh within .25% of their correct face value.
ii) The hole size in the middle of the disc shall be such that the disc fits on the bar without excessive play.
iii) Discs must be of the following range 1.25kg, 2.5kg, 5kg, 10kg, 15kg, 20kg, 45kg and 50kg, OR at the meet directors discretion pound plates can be used.
iv) For record purposes, even lighter discs may be used to achieve a weight of at least 500 grams more than the existing record.
v) All discs must be clearly marked with their weight and loaded in the sequence

of heavier discs innermost with the small discs in descending weight.

vi) 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**.**

vii) The diameter of the largest disc shall be no more than 45cm.

viii) It is suggested that discs conform to the following color coding: 10kg and below - any color; 15kg - yellow; 20kg - blue; 25kg - red; 45kg - gold; 50kg- green.

Preferred bar for the U.P.A include Texas Squat Bar, Texas Power Bar, Oki Squat Bar, Oki Deadlift Bar, Elite Deadlift Bar, all Ivanko Bars.

c. Collars

i) Shall always be used in competition.

ii) Must weigh 2.5kg each unless specialized squat bar is used. Collars made specifically for specialized squat bar are to be used with that specific bar.

d. Misc.

Should blood appear on the bar, or open wounds on lifter, it must be rectified immediately.

3. **Squat Racks**

In all U.P.A. sanctioned event a monolift type squat apparatus shall be used. As well, an identical apparatus. Squat ER Racks can be used in all Raw Meets.
Shall be available in the warm up area.

4. **Bench**

The bench shall be of sturdy construction for maximum stability and conform to the following dimensions:
a) Length - not less than 1.22mm and shall be flat and level.
b) Width - 29-32cm
c) Height - 42-45cm measured from the floor to the top of the padded surface of the bench without being depressed or compacted.
d) The height of the uprights on adjustable benches should be from a minimum of 82cm to a maximum of 100cm measured from the floor to the bar rest position. On nonadjustable benches the height of the uprights must be between 87cm and 100cm from the floor to the bar rest position.
e) The minimum width between the insides of the bar rests shall be 1.10m.

5. **Lights**

A system of lights shall be provided whereby the referees make known their decisions. Each referee will control a white and a red light, representing a “good lift” or “no lift” respectively. The lights must be wired in such a way that they light up together and not separately when activated by the three referees. It is preferable that the lights be arranged horizontally corresponding with the positions of the three referees..

Costume and Personal Equipment

1. Lifting Suit

A lifting suit of the basic design shall be worn. It must be an individual full length article of cloth fabric. Its construction may consist of multiple plies to any thickness of material, but must as a whole, be a singular component. The straps must be worn over the shoulders at all times while lifting in competition. It may be of any color or colors. The length of the leg, when worn, must not extend beyond mid-thigh (medial point between crotch and top of knee cap).

2. T-Shirts

One shirt (otherwise known as a T-shirt) with or without sleeves, may be worn under the lifting suit. It must be an individual article of cloth fabric. Its construction may consist of multiple plies but must, as a whole, be a singular component. The thickness shall not be designed to increase, enlarge, or enhance the bodies natural musculature. Sleeves must be short and remain above the elbow when worn. It may be any color or colors, but shall not portray indecency or be offensive to the spirit of the competition.

3. Briefs

A brief of any design may be worn, provided that the length of the legs does not exceed mid thigh, and that the waist does not exceed approximately mid torso. The construction may consist of multiple plies of material, but must, as a whole, be a singular component.

4. Socks

Up to two pair of socks may be worn. When worn they may not extend over the knee nor on the leg so that they touch any knee wrapping or knee cap supporter.

5. Special Considerations

Women may wear addition protective briefs or panties. Women may also wear a bra, provided it contains no special support. Plastic or fabric shin guards may be worn but must not extend to a point higher than the lower border of the patella and not lower than the superior border of the ankle joint.

6. Belt

A competitor may wear a belt. If worn, it shall be on the outside of the lifting suit. The belt may not exceed 4 inches at its widest point. The belts thickness may not exceed 13 mm.

8. Footwear

No bare feet. Basic Socks must be worn. The only restrictions to such footwear is that no metal cleats or spikes are permitted. Deadlift Slippers are OK for the deadlift.

9. Wraps

The fabric nature shall be an elastic weave primarily of polyester, cotton, or medical crepe singly or in combination.

Wraps may be used as follows:

a) Wrists – Wraps not exceeding 1.5 m in length and 8cm in width may be worn. Wraps can have a thumb loop not to be attached during lifting. Velcro closure wraps are permitted.
b) Knees – Wraps not exceeding 3 m in length may be worn. Knee wraps are not permitted to touch any part of the lifters lifting attire (ie – squat suit, briefs, spandex type shorts or underwear, etc), nor the top of a sock.
c) Elbows – Elbow sleeves may be worn during the squat and the deadlift competition but not during the bench press. They may cover the general elbow area but not extend to the wrist or the shoulder.

10. Bench Shirts

A bench shirt may be worn with multiple plies of material. The shirt must, as a whole, be of a singular component. The material may be denim, canvas, polyester or a band material. The shirt can be of an open back or closed back nature. The shirt sleeves must not exceed the top of the elbow. The neck of the shirt must remain at all times covering the armpit. The shirt must be worn underneath the lifting suit, with the belt on the outside of the lifting suit.

11. Plasters

Band-Aids or tape may be worn only in the event that it is keeping a wound closed. This will need to have clarification from the lead judge. In no way may anything be worn to help aid the lifter in gripping the bar with the exception of chalk.

Preferred gear manufacturers include: Titan, Overkill, Metal, Crains, and Frantz equipment and Inzer Advanced Designs.

Inspection of Personal Equipment

1. At all competitions there will be no official inspection of costume and personal equipment prior to lifting.

2. It will be the lifters responsibility to be present on the platform outfitted in accordance with the rules governing costume and personal equipment.

3. Any items mentioned previously under personal equipment may be inspected prior to the competition if the lifter has any doubt as to the legality of that item. Such inspections should be requested during the weigh-in sessions and directed to one of the U.P.A. referees present,. Such inspections may also be made at any time prior to lifting or upon leaving the platform by one of the appointed U.P.A judges.

4. Items of personal attire not covered in the rules governing costumes and personal equipment such as: Headbands, mouthpieces, watches, eyewear, and feminine hygiene articles are permitted. Hats are also permitted on the platform providing that they are not of an offensive nature.

5. Any items worn on the platform considered objectionable by virtue of being unclean, torn or tattered, indecent, or offensive to the spirit of the competition shall be rejected before the lifter is permitted to proceed.

6. If a lifter performs on the platform wearing or using any item that is illegal or not verifiably approved, the lifter shall lose credit for that lift, and may be disqualified from the competition. Any minor oversights, or items covered in (5) above, noticed before the lifter performs, should be indicated to the lifter and rectified prior to continuing.

7. Any lifter performing on the platform may be inspected before or after a lift if any of the referees doubt the legality of the costume or personal equipment being used.

8. Any lifter successful in a world record attempt must be inspected. Inspection may be solely visual when the legality of the lifter's costume and personal equipment is obvious, or otherwise more thorough. Thorough inspections should be performed off the platform, preferably in a private area, either by the three referees, or officials delegated by the referees in cases where the lifter is of the opposite sex. In all cases an announcement shall be made by the head referee to the speaker and records processor that the record has been verified.

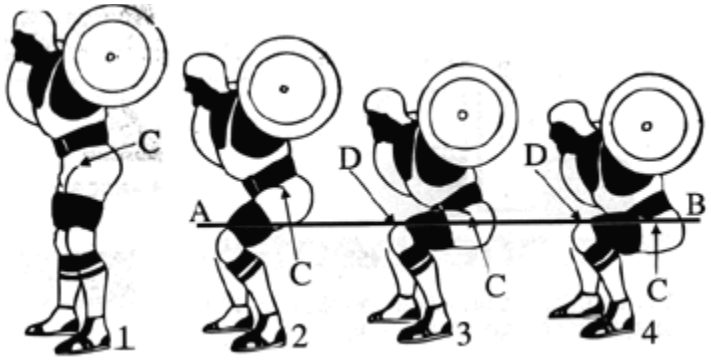
Powerlifts and Rules of Performance

Squat

1. After removing the bar from the squat apparatus (Monolift) while facing the front of the platform, the lifter may move forward or backward to establish the lifting position. The top of the bar not more than 3cm below the top of the anterior deltoids. The bar shall be held horizontally across the shoulders with the hands and/or fingers gripping the bar, and the feet flat upon the platform with the knees locked.

2. The lifter shall start the squat when he/she feels ready. The lifter DOES NOT have to wait for the squat Command.

3. The lifter must bend the knees and lower the body until the top surface of the legs at the hip joint are lower than the top of knees. (See Diagrams 1, 2, 3 and 4).



4. The lifter must recover at will, without double bouncing, to an upright position with the knees locked. The bar may stop, but there must be no downward motion during recovery. As soon as the lifter demonstrates a controlled final position, the head referee will give the signal indicating completion of the lift and to replace the bar.

5. The signal to replace the bar will consist of a backward motion of the arm and the audible command "Rack". The lifter must then make a bona fide attempt to return the bar to the racks.

6. The lifter shall face the front of the platform, towards the head referee.

7. The lifter shall not hold the collars or discs at any time during the performance of the lift. However, the edge of the hands gripping the bar may be in contact with the inner surface of the collar.

8. Not more than five and not less than two loaders/spotters shall be on the platform at any time.

9. The lifter may enlist the help of spotters in removing the bar from the racks; however, once the bar has cleared the racks, the spotters shall not physically assist he lifter with regards to actually getting into the proper set position. The spotters may assist the lifter to maintain control should the lifter stumble or demonstrate any evident instability.
   Lifters can't have their own back spotter (Coach/Handler/Teammate). Meet directors must use their own designated back spotter. Lifters coaches or handlers can help spot on the sides with the meet directors designated spotters.

10. The lifter may be given an additional attempt at the same weight at the head referee's discretion if failure in an attempt was due to any error by one or more of the spotters or loaders.

Causes for Disqualification of a Squat

1. Failure to observe the head referee's signals at the completion of a lift.
2. Double bouncing or more than one recovery attempt at the bottom of the lift.
3. Failure to assume an upright position with knees locked at the commencement or completion of the lift.
4. Movement of the feet laterally, backward or forward that would constitute a step or stumble.
5. Failure to bend the knees and lower the body until the surface of the legs at the hip joint is lower than the tops of the knees. (Refer to Diagrams 2, 3 & 4).
6. Any resetting of the feet after the initial downward movement by the lifter.
7. Contact with the bar by the spotters between the referee's signals.
8. Contact of elbows or upper arms with the legs.
9. Failure to make a bona fide attempt to return the bar to the racks.
10. Any intentional dropping or dumping of the bar.

Bench Press

1. The front of the bench must be placed on the platform facing the spectators.

2. The lifter must lie backward with shoulders and buttocks in contact with the flat bench surface. The elected position of the buttocks shall be maintained throughout the attempt. The lifter's shoes or toes must be in solid contact with the platform or surface. The position of the head is optional.

3. 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. If blocks are used, they shall not exceed 45cm x 45cm.

4. Not more than five and not less than two loaders/spotters shall be in attendance. The lifter may enlist the help of one or more of the designated spotters or enlist a personal spotter or spotters in removing the bar from the racks. Only designated spotters may remain on the platform during the lift, unless a 3-man head off is used. If a 3 man lift off is used. The 3 spotters designated by the lifter must spot the entire lift. This is for the safety of the lifter. We don't want the bar falling on the lifter's body or head while lifter's designated spotters are replacing the meets designated spotters. The lift off must be to arm's length and not down to the chest. A designated spotter, having provided a center lift off, must immediately clear the area in front of the head referee and move to either side of the bar. If the personal middle spotter does not immediately leave the platform area and/or in any way distracts or impedes the head referees' responsibilities, the referees may determine that the lift is unacceptable, and be declared "no lift" by the referees and given three red lights.

5. The spacing of the hands shall not exceed 81cm, measured between the forefingers. The bar shall have circumferential machine markings or tape indicating this maximum grip allowance. 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. If this is not done 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. The reverse or underhand grip is permitted.

6. After receiving the bar at arm's length, the lifter shall lower the bar to the chest/belly and await the head referees' signal.

7. The signal shall be an audible command "Press" and given as soon as the bar is motionless on the chest. As long as the bar is not so low that it touches the lifter's belt, it is acceptable.

8. The lifter will be allowed only one “Press” command signal per attempt.

9. The bar can sink into the chest/belly before the press command, but cannot be heaved in such a way to aid the lifter after the referee’s press signal. The press signal will not be given until the bar is motionless on the chest/belly. The lifter will then press the bar to straight arm’s length and hold motionless until the audible command “Rack” is given. Bar may move horizontally and may stop during the ascent, but may not move downward towards
the chest.

Causes for Disqualification of a Bench Press

1. Failure to observe the referee’s signals at the commencement or completion of the lift.

2. Any change in the elected lifting position or the raising of the buttocks, or lateral movement of the hands, during the lift proper (between the referee’s signals). Any excessive movement or change of contact of the feet during the lift proper. Lifter can start on toes and drive heals to the ground.

3. Bouncing the bar off the chest.

4. Allowing the bar to sink into the chest/belly after receiving the referee’s press signal. Heaving the bar in such a way as to aid the lifter.

5. Pronounced uneven extension of the arms during or at the completion of the lift. By the judgment of the referees.

6. Any downward motion of the bar during the course of being pressed out.

7. Contact with the bar by the spotters between the referee’s signals.

8. Any contact of the lifter’s shoes with the bench or its supports.

9. Deliberate contact between the bar and the bar rest uprights during the lift to assist the completion of the press.

10. It is the responsibility of the lifter to inform any personally enlisted spotters to leave the platform as soon as the bar is secured at arm’s length. Except for a 3 man lift off which was explain on page 11 question #4. Such spotters shall not return to the platform upon completion or failure of the attempt. It is especially important for a spotter providing a center lift off to leave the platform quickly so as not to impair the head referee’s view. Failure of any personal spotters to leave the platform may cause disqualification of the lift.

Deadlift

1. 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.

2. The lifter shall face the front of the platform.

3. On completion of the lift, the knees shall be locked in a straight position and the lifter shall be standing erect.

4. The head referee’s signal shall 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 and the lifter is in an apparent finished position.

5. Any raising of the bar or any deliberate attempt to do so will count as an attempt.

Causes of Disqualification of a Deadlift

1. Any downward motion of the bar before it reaches the final position.

2. Failure to stand erect.
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. 'Supporting' is defined as a body position adopted by the lifter that could not be maintained without the counterbalance of the weight being lifted. Hitching or Ramping.
5. Movement of the feet laterally, backward or forward that would constitute a step or stumble.
6. Lowering the bar before receiving the head referee's signal.
7. Allowing the bar to return to the platform without maintaining control with both hands (dropping the bar).

Weigh-In

1. Weighing-in of the competitors shall be initiated 24 hours before the start of the competition for a particular category. The initial weigh-in session shall be of a minimum duration of one and a half hours. There shall be another weigh-in session commencing two hours before and ending one hour before the start of the competition for a particular category. These two weigh-in sessions are mandatory.
   Additional interim weigh-in sessions may be provided at the meet directors discretion. All weigh-in sessions and their durations must be posted and communicated to all lifters and coaches.

2. All lifters in the category must weigh-in during one of the mandatory or additional (if provided) weigh-in sessions, which will be carried out in the presence or authority of at least one U.P.A. referee.

3. The weigh-ins must be in a private area, where only the competitor, the competitor's coach, coach appointee, or manager, and the referees or appointed officials are present.

4. Lifters must be weighed nude or in standard underwear (briefs for men, bra and panties for women). The weigh-in procedure must ensure that lifters are weighed only in the presence of their own sex. Additional officials may be appointed for this purpose.

5. During the weigh-in sessions lifters uncertain about items of costume or personal equipment that may be used should have items inspected and verified by the U.P.A. referees.

6. Official body weights shall be recorded to the nearest tenth of a kilogram as well as in pounds.

7. 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 be reweighed and the lighter person will take precedence over the heavier person. However, if they still weigh the same after reweighing, they will share the placing, and each receive any award that is being presented. In such circumstances, should two lifters be in first place, the next lifter shall be placed third and so forth.

8. Lifters should, if required, check Squat and Bench Press rack heights and foot block requirements during these periods prior to the start of the competition. Additionally, the first attempts will be required of the lifters at the time of weigh-in.

Order of Competition

1. **The "Round System'**

a. At the weigh-in, the lifter must declare a first attempt for all three lifts.

b. 10 or less lifters in a session must lift in one Flight. 10-15 lifters in a session may be divided into two flights though again one Flight is preferable. Over 15 lifters must be split into appropriate Flights. Decisions on such divisions shall be made by the meet director. Wherever possible lifters in the same body weight category should all compete in the same Flight. Flights should be classified 'A', 'B', 'C' , etc. Flight 'A' will normally consist of lifters in one body weight category. Flight 'B' the next higher body weight category, and so on. Should the amount of lifters in any particular category necessitate that category being split into more than one Flight, then the first Flight should consist of lifters with lower opening attempts, second Flight and so on. Competitions combining men and women lifters may make different determinations. Where there are multiple Flights, Flight'A' will complete all three rounds of the Squats (all three attempts), then Flight'B' will make all three rounds of the Squat, and so on, repeating the same process for the Bench Press and Dead lift. Three unsuccessful attempts in any lift will automatically eliminate the lifter from the competition. Lifters will not be permitted to re-enter the meet as a guest lifter or to attempt a record lift. Only at local or regional contests will this be left to the meet director's judgment. In the event that the number of lifters in a flight drops to eight or less, there will be an automatic 5 minute rest following the completion of all first attempts, then again after all record attempts.

c. 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.

d. The bar must be loaded progressively during a round on the principle of a rising bar. At no time will the bar be reduced within a round except for errors as described herein, and then only at the end of the round.

e. Lifting order in each round will be determined by the lifter's choice of weight per attempt. On the occasion of two lifters choosing the same weight, the lifter with the lightest recorded weigh in will lift first.

f. A lifter will not be allowed to call for a weight lower than that attempted in the previous round.

g. If unsuccessful with an attempt, the lifter will wait until the end of the round before attempting that weight again.

h. All attempts taken over due to a scorekeeper's error, loader's or spotter's error, or for any other reason, except failure for the lifter to be announced, will occur at the end of the round in which the error occurred, regardless of the progressive advancement of the bar. If such an 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 within four minutes of the bar being loaded. Also, if such an error occurs to the first lifter in a round and the attempt is repeated at the end of the round with the lifter again the first lifter in the next round. Then four minutes will be allowed between the repeated attempt at the end of the round and the next attempt by the same lifter at the beginning of the following round. These are two of the rare occasions when lifters will follow themselves.

i. A lifter is permitted one change of weight on the first attempt of each lift. If the lifter is in the first Flight to lift, this change may take place at any time up to five minutes before the start of the first round of that lift. Lifters in following Flights are accorded the same privilege up to five attempts from the end of the previous Flight's final round. Prior notice of these deadlines will be announced by the speaker. Oversights in making these announcements should not be at the jeopardy of the lifter. The lead referee shall rule on such discrepancies that arise.

j. Lifters must submit their second or third attempts within one minute of completing the preceding attempt. If no weight is submitted within the one minute time allowance, the lifter will forfeit the next round attempt.

k. Weights submitted for second and third attempts on the Squat and Bench Press cannot be changed.

l. In the Deadlift, change of weight is permitted. The lifter may not change an attempt if he or she has been called to lift and the bar has been called as "ready" or "loaded". On second attempts, the lifter shall be allowed one change in weight, and on third attempts, the lifter shall be allowed two changes in weight if he or she has been called to lift, but the bar has not been called as "ready" or "loaded".

m. In single lift meets, an opening attempt may be changed up to five minutes prior to the start of that lifter's flight.

n. To avoid any doubt or confusion with regards to submitting attempts, the following procedure is suggested for adoption:
The chosen weights for attempts are to be given in writing, in the form of attempt cards, to the marshal/expeditor. Different colored cards will be used for each lift, 3 of the same color for the Squat, 3 of another color for the Bench press, and 3 of a third color for the Deadlift. The lifter or the coach will complete the appropriate attempt cards with the weight requested and sign the card. For first attempts the attempt cards will only be used when the weight given at the weigh-in is changed.

o. If a lifting session consists of a single Flight, at least a 20 –30 minute interval will be taken between lifts in order to ensure adequate warm-up time.

p. When there is more than one Flight in a session, the lifting will be organized on an alternating Flight basis. Consequently, a time interval between flights is not required other than the time necessary for arranging the platform. Lifters not in the first Flight will be able to warm-up while the first Flight is being conducted.

2. **The meet director will appoint the following persons:**

a. Speaker-Announcer
b. Time Keeper (Preferably a U.P.A. referee)
c. Expeditor
d. Loaders/Spotters

Additional officials may be appointed as required, e.g. doctors, paramedics, etc. Responsibilities of these officials are:

a. The **Speaker** is responsible for the efficient running of the competition. The speaker arranges the attempts chosen by the lifters in an orderly fashion, dictated by weight, and if necessary, body weight, and announces the weight required for the next attempt along with the name of the lifter. Additionally the speaker announces, in order, the three lifters succeeding the lifter on 'deck'. When the bar is loaded and the platform cleared for lifting, the head referee will indicate this. Attempts announced by the speaker should ideally be displayed upon some type of scoreboard erected in a prominent position. The speaker is also responsible for announcing the deadlines that pertain to the 'Round System' – the approach of the time limit for changing first attempts, 5 minutes before the commencement of a first Flight, 5 attempts before the commencement of a following Flight.

b. The **Time Keeper** is responsible for accurately recording the time lapse between the announcement that the bar is ready and the referee's signal for the commencement of the attempt by the lifter. The Time Keeper is also responsible for recording other time allowances whenever required, e.g. after an attempt the lifter shall leave the platform within 30 seconds (Refer to item 8.(i), this section).
Time keeper must start the 1 minute clock once the head referee gives the bar loaded command. 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 the head referee who shall inform the Time Keeper immediately. Consequently, it is of great importance that the lifter or lifter's coach check the height of the squat racks and any bench pressing requirements, if details have not previously been collected, prior to being called, as once the bar is announced as being "bar is loaded", the clock will be started. Any further adjustments to the equipment must be made within the lifter's one minute allowance. The definition of the start of an attempt depends upon particular lift being performed. In the Squat and Bench Press, the start coincides with the initial movement of the lift (downward motion of the bar). In the Deadlift, the start is when the lifter makes a determined attempt to raise the bar. It is the Time Keeper's duty to stop the clock at these defined starts so that any buzzer that may be connected to the timing device will not distract the lifter.

c. **Expeditors** are responsible for collecting the weight required for next attempts from the lifters or their coaches and passing the information without delay to scorer's table and speaker preferably in the form of the suggested colored attempt cards. The lifter is allowed one minute between completion of one attempt and submitting to the marshal/expeditor the weight required for the next attempt. The timing of this operation is the responsibility of the expeditor, under the auspices of the head referee.

d. **Scorers** are responsible for accurately recording the progress of the competition, and on completion, ensuring that the three referees sign the official score sheets.

e. The **meet director along with the lifter** is specifically accountable for all world records broken, for collecting the details and initiating the paperwork information.

f. **Loaders/Spotters** are responsible for loading and unloading the bar, adjusting squat or bench rack requirements as necessary, cleaning the bar or platform upon request and agreement of the head referee, nd generally ensuring that the platform is well maintained and of a neat and tidy appearance at all times. At no time shall there be less than two or more than five loaders/spotters attending to the platform.

g. When the lifter prepares for an attempt, the loaders/spotters may assist in removing the bar from the racks. They may also assist in setting up for a squat should the lifter stumble or lack good control, and in replacing the bar after the attempt. However, they shall not touch the lifter or the bar during the actual attempt, i.e. during the period of time between commencement and completion signals from the head referee. The important exception, for the spotters, to this rule is if the lifter has obviously failed with the attempt, is in jeopardy of injury, or the head referee 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.

3. During a competition taking place on a platform or stage, only the lifter, the lifter's coach, the three referees on duty, other meet officials recognized by need, and the loaders/spotters will be allowed around the platform or stage. During the execution of a lift, only the lifter, designated loaders/spotters and the three referees on duty are permitted to be present on the platform. Coaches shall remain back from the platform. Personal, non-designated spotter is not permitted on the platform for the Squat or Deadlift. Personal non-designated spotter is permitted to lift-off on the Bench Press, however, once the bar has been correctly positioned at the lifter's arm's length, any personal spotter must quickly leave the platform area to a discreet position. Except for a 3 man lift off explained on page 11 question #4.

4. Lifters shall wrap and ready themselves for lifting off the platform. Only minor adjustments requiring no assistance may be made on the platform. Likewise, removing wraps, belts and costume shall be performed off the platform. Items such as chalk, inhalants, talc, etc. should be utilized with propriety on and around the platform area.

5. In all competitions the weight of the barbell shall consist of the heaviest discs available that make up a particular weight.

6. The head referee shall communicate all decisions taken in cases of loading errors, incorrect announcements, spotter errors, or other platform altercations to the speaker to make the appropriate announcement. Such decisions shall be first discussed with the other platform referees.

Examples of Errors in Loading:

a. If the bar is loaded to a lighter weight than originally requested 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. If the attempt is not successful, the lifter will be granted a further attempt at the originally requested weight.

b. If the bar is loaded to a heavier weight than originally requested and the attempt is successful, the lifter will be granted the attempt at the weight lifted. The weight will be subsequently reduced if required for other lifters. If the attempt is not successful, the lifter will be granted a further attempt at the originally requested weight.

c. If the weight is not the same on each side of the bar and the lift is successful, rules for overloaded and under loaded bars, as above apply. If the lift was unsuccessful the lifter will be granted a further attempt at the weight originally requested.

d. If any change occurs with the bar and discs during the execution of the lift and the lift is successful, provided no weight fell off the bar, the attempt will be accepted. If the attempt is unsuccessful, or weights fell off, the lifter will be granted a further attempt at the same weight.

e. Should the platform or equipment become disarranged during an attempt and the attempt is successful, the attempt will be accepted. If the attempt is unsuccessful the lifter may be granted a further attempt at the same weight, at the discretion of the referees on duty.

f. If the speaker makes a mistake by announcing a weight heavier or lighter than that requested by the lifter, the referees will make the same decisions as for loading errors.

g. All attempts that are repeated for the above reasons will be at the end of the round in which the error occurred.

h. If a lifter misses an attempt because the speaker failed to announce the lifters' name at the appropriate time or weight, the weight will then be reduced to allow the attempt within the round. Should this discovery disrupt the anticipation of any preparing lifters, such lifters may be granted extra time in which to prepare again, this shall be at the discretion of the referee on duty.

i. The minimum increase between any attempts shall be 2.5kg except for men. from 1st attempt to 2nd attempt a 5kg increase must be taken or 2nd attempt will be forfeited and will be called the 3rd attempt.

j. Three unsuccessful attempts in any lift will automatically eliminate the lifter from the competition.

k. Other than initial removal of the bar from the racks, the lifter should not receive any additional help from the spotters in establishing position for an attempt. However, should a lifter stumble or become unstable in setting up for the Squat, the spotters should assist in steadying the lifter until control has been regained.

l. On the completion of an attempt, the lifter shall leave the platform within thirty seconds. Failure to comply with this rule may result in disqualification of the attempt at the discretion of the referees.

m. Any physical abnormality, handicap, or incapacity of a lifter that may cause, or potentially cause, an inability to fully comply with the rules should be brought to the attention of, and explained to, the appointed "U.P.A. Contest Officials". This should be in advance of the start of the lifter's Flight. The lifter, "U.P.A. Contest Officials" and the platform referees for the particular lifter will then confer on the matter to best accommodate any special considerations for the lifter. Deafness, blindness, limb or joint abnormalities that prevent proper straightening or extension, are examples for such special considerations.

n. If, by reason of misconduct upon or near the competition platform, any lifter or coach is considered to have discredited the sport, such person or persons shall officially be warned. If the misconduct continues, the appointed "U.P.A. Contest Officials" together with the referees on duty, have the authority to disqualify the lifter and order the coach and the lifter to leave the venue. The team manager must be officially informed of both warning and disqualification.

o. All appeals against referee's decisions or conduct, complaints regarding the progress of the competition or against the behavior of any person or persons taking part in the competition will be made to the appointed "U.P.A. Contest Officials". This must be done immediately following action of which there is a complaint or appeal.

If deemed necessary, the appointed "U.P.A. Contest Officials" may temporarily suspend the progress of the competition to consider the situation fully. After due consideration the complainant will be informed of any decision and any appropriate measures that may be taken. The verdict of the appointed "U.P.A. Contest Officials" will be considered final and there will be no right or appeal to any other body.

Referees

1. The referees shall be three in number, the head referee and two side referees.

2. The head referee is responsible for giving the necessary signals for all three lifts, for indicating to the speaker and Time Keeper when the bar is ready, for communicating to the speaker the verification of world records, and any special decisions upon performance decided by the referee.

3. Signals required for the three lifts are as follows:

Lift	**Commencement**	**Completion**
Squat	No signal is given for the start of the squat.	A visual signal consisting of a backward movement of the arm together with the audible command "Rack".
Lift	**Commencement**	**Completion**
Benchpress	An audible command of "Press" when the bar is motionless on the lifter's chest/belly.	An audible command of "Rack" when the bar has been pressed to straight arm's length.
Lift	**Commencement**	**Completion**
Deadlift	No signal required.	A visual signal consisting of a downward movement of the arm together with the audible command "Down".

4. Once the bar has been replaced in the racks or on the platform at the completion of the lift, the referees will announce their decisions by means of the lights. White for a 'good lift' and red for 'no lift'. In any of the 3 lifts the head judge can overrule the side judges in an uncompleted lift. In the opinion of the head judge that the lift is not locked out. The head judge can give the "No Lift" command and overrule the side judges if white lifts are given by side judges.
*Example side judges in the bench press are looking for butt lift and foot movement and could miss a non-locked out lift. This is a judgement call on the head judge and can only be made by the head judge on any of the 3 lifts.

5. The three referees may seat themselves in what they consider to be the best viewing positions around the platform and should remain seated during the execution of the lift. The head referee must bear in mind the need to be easily visible to the lifter performing the Squat and Dead lift and be positioned accordingly. To avoid any distractions to the lifter the head referee should remain motionless between signals. The side referee should not impose upon the spotter's duties but should make adjustments to their own seating position and may lean sideways or forward during a lift to obtain the best viewing vantage. Side referee's during the squat must be positioned exactly to the side or front of the squatter and not to the rear. Spotters for the squat must provide a "window" for the side referee to view the Squat. Obstructions to viewing must be corrected before the lift begins, i.e. side referees may ask spotter/loaders to move slightly to give them a better view.

6. Before the competition, the appointed "U.P.A. Contest Officials", referee or additionally, appointed officials shall have ascertained that:

a. The platform and competition equipment comply in all respects with the rules. Bars and discs are checked for weight discrepancies and defective equipment discarded.
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. Any lifter's costume or personal equipment, if requested, is inspected and approved or rejected. That speaker-announcer, Time Keeper (if not a referee), marshals/expeditors, scorers, records processor and loaders/spotters understand their duties and the rules that may pertain to them.

7. During the competition the three referees on duty must jointly ascertain that:

a. The weight of the loaded bar agrees with the weight announced by the Speaker. Referees may be issued loading charts for this purpose.
b. 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. On the platform, the lifter's costume and personal equipment visually meet acceptable standards and are within the rules.

8. If during the execution of a lift, a referee observes a fault sufficient to give cause for disqualification of the lift, the procedure is as follows:

a. The referees may stop the lift for discretionary safety. The head referee shall signal the lifter with a downward motion of the arm and the audible command of "Down" for the Deadlift and shall instruct the spotters to take the bar on the Squat and Bench Press only if safe and appropriate to do so.

9. Prior to the commencement of the Squat or Bench Press, if any of the referees do not accept any aspect of the setup of the lifter, they will call attention to the fault as previously described in 8 (a). If there is a majority opinion among the referees that a fault exists, the head referee will not give the signal to commence the lift and will inform the lifter to "Rack" the bar. A head referee seeing a fault that may not be visible to the side referees, e.g. hands holding the collars or discs on the Squat or a grip in excess of 81cm on the Bench Press, may act alone in informing the lifter to "Rack" the bar. If requested, it is required of the head referee to quickly confirm the nature of the fault and to explain this to the lifter or coach. The lifter has the remainder of any unexpired time allowance to repeat the attempt with the fault corrected, and receive the commencement signal. Note: for the above reasons it is important that the Time Keeper stop timing attempts on the Squat and Bench Press only when the lifter has received the commencement signal.

Aspects of the set up for the Squat regarded as faults are as follows:

a. Holding the collars or discs.
b. Failure to assume an upright position.
c. Failure to have knees locked.
d. Top of the bar more than 3cm below the top of the anterior deltoids.

The aspect of the set up for the Bench Press that should be regarded as a fault is as follows:

a. Hand spacing exceeding 81cm.

Aspects of the set up for the Bench Press that, if maintained beyond the referee's signal, will be regarded as faults are as follows:

a. The lifter's shoes are not in contact with the platform or the surface of any discs/blocks that may have been requested.
b. Contact of the lifter's shoes with the bench or its supports.
c. Buttocks not in contact with the flat surface of the bench.

Any of these potential faults should be drawn to the attention of the lifter by any of the referees observing them.

10. Prior to the commencement of a lift, if either of the side referees observes an obvious infraction of the rules regarding costume or personal equipment they will call attention to the fault to the head referee. The head referee observing an infraction may act alone. In either cases the referees will be called together to inspect the lifter.
If the fault is considered a purposeful intention to cheat, the lifter will be disqualified from the competition. If the fault is considered an oversight or genuine mistake, the lifter shall correct the fault before being permitted to proceed with the attempt. The lifter's time allowance will not be stopped to effectuate the correction. The way the fault is considered and the action taken will be at the discretion of the referees on duty.

Faults that should be considered as a purposeful intention to cheat are:

a. The use of more than one lifting suit or an illegal lifting suit.
b. The use of more than one supportive undershirt or illegal undershirt.
c. The use of more than one pair of wraps, or wraps substantially over regulation length.
d. Any additions in excess of the prescribed costume and personal equipment rules, e.g. body wraps, towel inserts, bracings etc.
e. Presence of oil, grease, liquids or lubricants other than powder on the thighs for the Dead lift.
f. Other infractions of similar gravity.

Faults that should be considered as oversights or genuine mistakes are:

a. Socks overlaid by, or touching, knee wraps.
b. Wraps applied as to obviously exceed the width dimensions allowed for the wrist (12cm) or knee (30cm).
c. Wraps slightly in excess of the prescribed regulation.
d. Items forgotten to be removed that may have been worn for warm-ups or to maintain warmth, e.g. hats, rubber elbow bands, etc.,
e. Other infractions of similar consequence.

11. If any of the referees suspect without certainty any infraction of the rules regarding costume and personal equipment they will not act until after the lift has been performed. The lifter should then be inspected. For a fault deemed an oversight or genuine mistake the lifter's attention should be drawn to the fact and warned about repeating the infraction in any subsequent attempts. The attempt may be disqualified at the referee's discretion. Should the same infraction be repeated after a warning, the attempt shall be disqualified or infractions deemed as a purposeful intention to cheat, the lifter shall be disqualified from the competition.

12. Referees shall, if requested, explain to a lifter or coach the reason or reasons why a lift was judged "no lift". All that is required of such an explanation is an accurate statement, debates will not be entered into, and an explanation will not cause distraction of the referee from the attempt of the next lifter. Referees shall abstain from any other commentary and not receive any document or verbal account concerning the progress of the competition. There will be no video replay to determine if a lift was successful or not.

13. A referee shall not attempt to influence the decision of other referees. Once any lift has begun, each referee will withhold his/her individual judgment until the completion of the lift, indicating such with a red or white light. Under no condition should a referee raise his/her hand after the lift has commenced unless to insure the safety of the lifter.

14. The head referee may consult with the side referees, the appointed "U.P.A. Contest Officials" or other officials as necessary in order to expedite or facilitate the running of the competition.

15. After the competition, the three referees shall sign the official score sheets, record applications, and any other documents requiring their signatures.

16. The selection of a referee to act as head or side referee in one session does not preclude the selection of the same referee from being head or side referee in another

session.

18. All referees in will be uniformly dressed to include the following:

    Men: White shirt and khaki trousers, ties optional

    Women: Khaki dress, skirt or trousers and a white blouse or top

19. U.P.A. referees may have their refereeing status revoked upon consideration of their performance and abilities by the board of directors of the U.P.A.

National Records

1. At any competition recognized by the U.P.A., National Records will be accepted provided that:

    a. The competition must be conducted under U.P.A. rules.
    b. The national record applicant must be a current member of the United Powerlifting Association.
    c. At least two current U.P.A. referees must adjudicate the lift and vouch that all conditions at the competition meet the technical standards and procedures required..
    d. The barbell and discs were weighed before the competition, all actual weights accurately recorded and able to be verified by the referees or appointed "U.P.A. Contest Officials" or weighed immediately after the successful attempt by the referees. Kilogram plates should be used at all UPA sanctioned meets for national record attempts. Pound plates are inaccurate and must be weighed for UPA national records to count.
    e. The lifter weighed in correctly before the competition.
    f. The scales were certified accurate by a recognized authority within the last 6 months, and a scale test slip prepared by the Municipal Sealer of Weights and Measures (or equivalent) or by an authorized scale company, is available.
    g. The lifter's costume and personal equipment was in accordance with the rules.

2. Duplicate copies of fully completed national record applications, signed by the three referees, must be sent separately to the U.P.A. Headquarters within one calendar month of the date of the record being set. A copy of the official score sheet must also accompany both record applications. For Teenage, Junior (under 23) and Master world records proof of age must be satisfactorily established and attested to by the adjudicating U.P.A. referees. If such proof was not available when the world record was established, it is the lifter's responsibility to furnish such proof (copy of birth certificate, passport, drivers license) independently to the U.P.A. headquarters.

3. If, in any competition recognized by the U.P.A., a lifter is successful with a 3rd attempt that falls within 20kg of a current world record, the lifter may request a fourth attempt that exceeds the All Time World record. Such an attempt will not be included in the lifter's total. Additional attempts will not be permitted.

4. Only lifters actually competing in a competition may attempt national records.

5. In no circumstances may lifters not taking part in the full competition be permitted to attempt national records on individual lifts.

6. In the event of two lifters, at the same competition, breaking either a current individual or total record with the same weight, the lighter lifter will be declared the new record holder. If both lifters weighed in at the same body weight they will be re-weighed. If they re-weigh the same, both will be record holders.

7. New individual lift records are only valid if they exceed the previous record by at least 500 grams. Fractions of 500 grams must be ignored, e.g. 87.7kg would be registered as 87.5kg.

8. Records are only valid for the body weight category of the lifter as determined at the official weigh-in.

9. There is an official world record for the total of three lifts. It will be recognized subject to the following additional stipulations:
   a. A total record can only be valid if the bar and discs used in the competition have been weighed, and verified within specifications, before the competition.
   b. The record will only be the summation of the face value of the individual best lifts, and therefore must be a multiple of 2.5kg.
   c. No fourth attempts may be included in the total.

10. Records set on individual lifts will only be valid if the lifter makes a total in the competition.

11. Records set in competitions which contest one lift only, shall not be considered as U.P.A. National Records but shall be noted and established as Official One Lift Records.

12. If a lifter attempting a fourth attempt world record is one of the last four lifters of the flight in the third attempts, they will receive up to 4 additional minutes rest prior to their fourth attempt. The very last lifter of the flight requesting a fourth attempt will have 3 minutes because they are following themselves, plus the additional 4 minutes.

Raw Division (All Divisions & with Knee Wraps)

Costume and Personal Equipment

All equipment must be presentable and clean with no frayed material

Lifting Suit - A non-supportive lifting suit of basic design (consistent with the design of a singlet) must be worn. Its construction must consist of single ply and be a singular component. The straps must be worn over the shoulders at all times while lifting in competition. It may be of any color or colors. The length of the leg, when worn, must not extend beyond mid- thigh (medial point between crotch and top of knee cap). Women may wear a one-piece suit of comparable design to the lifting suit. Leotards with sleeves or high cut leg lines are not permitted.

Briefs - Are not allowed. Only underwear made of cotton material is allowed.

Undershirt - One non supportive undershirt (of a design consistent with what is commonly called a T- shirt) with or without sleeves, must be worn under the lifting suit on the squat and bench press. It must be an individual article of cloth fabric. Its construction must be single ply. Sleeves must be short and remain above the elbow when worn. It may be of any color or colors, but shall not portray indecency or be offensive to the spirit of the competition. MEET DIRECTORS DISCRETION – if men can lift without a t-shirt and if women can wear just a sports bra.

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

(see rules for materials and construction)

Socks - One pair of socks may be worn. When Worn they may not extend over the knee. Full Leg stockings, tights, or hose are not permitted. You can deadlift without shoes but you must have socks on. No barefoot

Footwear – The Only restrictions to such footwear is that no metal cleats or spikes are permitted. Deadlift slippers are allowed.

Wraps may be used as follows:

a) Wrists - The fabric nature shall be an elastic weave primarily of polyester, cotton, or medical crepe singly or in combination. Wraps not exceeding 1.5m in length and 8cm in width may be worn. Alternatively, elasticated wrist bands not exceeding 10cm in width may be worn. A combination of the two is not permitted. If wrist bands are of the wrap-around style, they may have a thumb loop not to be attached during lift and may have a velcro patch for securing them. A wrist wrap shall not exceed beyond 10cm above and 2-1/2cm below the center of the wrist joint, not exceeding a total of 12cm in both directions.

b) Knees - Wraps not exceeding 3m in length and 8cm in width may be worn. Alternatively, elasticated knee supports not exceeding 30cm in length may be worn. A combination of the two is not permitted. A knee wrap shall not extend beyond 15cm above and 15cm below the center of the joint, not exceeding a total of 30cm in both directions. Knee wraps shall not touch the socks or lifting suits.

Records – Raw records can be set or broken at raw meets or meets that offer a raw division.

Raw Elite Division (Full Power Only. Without Knee Wraps and walked out)

Costume and Personal Equipment

All equipment must be presentable and clean with no frayed material

Lifting Suit - A non-supportive lifting suit of basic design (consistent with the design of a singlet) must be worn. Its construction must consist of single ply and be a singular component. The straps must be worn over the shoulders at all times while lifting in competition. It may be of any color or colors. The length of the leg, when worn, must not extend beyond mid- thigh (medial point between crotch and top of knee cap). Women may wear a one-piece suit of comparable design to the lifting suit. Leotards with sleeves or high cut leg lines are not permitted.

Briefs - Are not allowed. Only underwear made of cotton material is allowed.

Undershirt - One non supportive undershirt (of a design consistent with what is commonly called a T- shirt) with or without sleeves, must be worn under the lifting suit on the squat and bench press. It must be an individual article of cloth fabric. Its construction must be single ply. Sleeves must be short and remain above the elbow when worn. It may be of any color or colors, but shall not portray indecency or be offensive to the spirit of the competition. MEET DIRECTORS DISCRETION – if men can lift without a t-shirt and if women can wear just a sports bra.

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

(see rules for materials and construction)

Knee Sleeves - Are allowed. Must be of one solid material and no straps for tightening.

Socks - One pair of socks may be worn. When Worn they may not extend over the knee. Full Leg stockings, tights, or hose are not permitted. You can deadlift without shoes but you must have socks on. No barefoot.

Footwear – The only restrictions to such footwear is that no metal cleats or spikes are permitted. Deadlift Slippers are allowed.

Knee Wraps – No knee wraps allowed in Raw Elite

Wrist Wraps - The fabric nature shall be an elastic weave primarily of polyester, cotton, or medical crepe singly or in combination. Wraps not exceeding 1.5 m in length and 8cm in width may be worn. Alternatively, elasticated wrist bands not exceeding 10cm in width may be worn. A combination of the two is not permitted. If wrist bands are of the wrap-around style, they may have a thumb loop not to be attached during lift and may have a velcro patch for securing them. A wrist wrap shall not exceed beyond 10cm above and 2-1/2cm below the center of the wrist joint, not exceeding a total of 12cm in both directions.

Walk-out Squats - When using a Monolift. The Monolift hooks will stay locked and the lifter must walk the weigh out.

When using an ER squat rack only at a meet. The meet can only be a raw meet. All squat lifts will be walked out.

Records - Raw records can be set or broken at raw meets or meets that offer a raw division.

Division – Raw Elite will be recognized in Full Power Only.

UPA Memberships

You must have a UPA membership to enter any UPA sanction meet. UPA memberships are $40 for adults and $25 for Teenagers (13-19). A UPA membership is good for 1 year from the date of purchase. The membership expires the day of the expiration date on your membership card. For example: If you buy a UPA membership on 7/6/2018. Your UPA membership will expire on the day of 7/6/2019 and you must renew your card that day. If your membership is due on the day of the meet you must renew your membership before weigh ins.

You will receive a UPA membership card in the mail within a month. If you don't get your UPA membership card before the meet you are competing in. You can show the PayPal receipt at weigh ins as proof of purchase.

*UPA Memberships can only be purchased online at this link:

Online UPA Membership application - https://fs9.formsite.com/upapower/form2/index.html

UPA-AD Division (Drug Tested)

The UPA-AD Division is the amateur drug tested division of the UPA. It is governed by the rules and by-laws of the UPA. Judges and Officials of both branches are the same.

Testing Procedures: The lifters in this division will be strictly drug tested. The lifter will have the opportunity to change their classification up until weigh-ins. After that point they will lift in the division that they originally marked on their application. All testing will be done on a random basis. 10% of UPA-AD lifters will be tested at any UPA meet that has an AD division.

The normal method of securing tests could be used where the lifters are just randomly tested or at the discretion of the meet promoter. The one thing that must be strictly adhered to is that we do the testing in a correct chain of order and that all specimens are handled as such.

Amateur lifters who are tested and are found to be using Anabolic Steroids will be banned from competing in the UPA-AD division ever again. At that point the lifter will have to compete in the UPA divisions. Any UPA-AD Sanctioned meets where testing is not done, the contest will be considered UPA Sanctioned only and the meet promoter will not be allowed to sanction UPA-AD. All testing is done through the UPA Headquarters and proper procedure must be followed. Meet promoters contact the UPA Office for testing kits and procedure. You must purchase the test kits 2 weeks before your meet. The cost per urine sample bottle is $65.

Testing Directions

Follow the directions on the Reference Guide Forensic Drug Testing Custody and Control Form as they are specified. For Patient ID on seal please put lifter's name.

You may have the donor handle the specimen. After collection and under your observation you can have the donor put the label on the bottle, then apply the initialed seal over the top of the cap, put the specimen in the small plastic bag then in the postage paid small box.

Should you have any questions please feel free to contact the UPA Headquarters at (563)447-1214

BANNED SUBSTANCE LIST FOR UPA-AD (TESTED)

Androstene and any Andro related product (includes nor-andro) Bolasterone (Metabolite)
Boldenone (Equipose) (Metabolite)
4-Chlorotestosterone (Clostebol) (Metabolite)
Clenbuterol (Siropent)
Danazol (Metabolite)
Dihydrotestosterone (Stanolone) Dehydrochloromethyltestosterone (Oral-Turinabol) Dromostanolone (Masteron) (Metabolite) Epitestosterone (if above 200 ng/mL) Ethylestrenol/Norethandrolone Metabolite Formebolone (Esiclene) (Metabolite) Fluoxymesterone (Halotestin) (Metabolite) Furazabol
Mesterolone (Proviron) (Metabolite) Methandrostenolone (Methandienone, Dianabol) Methandriol
Methenolone (Primobolan)
Methyltestosterone
Mibolerone
Nandrolone (Deca-Durabolin) Norandrostendione/Norandrostendiol Metabolite Norethandrolone/Ethylestrenol
Oxandrolone (Anavar)
Oxymesterone
Oxymetholone (Anadrol) (Metabolite)
Probenecid (Masking agent)
Stanozolol (Winstrol) (Metabolite)
Stenbolone
Testosterone (T/epiT ratio greater than 6) Testosterone/Androstendione/Androstendiol/DHEA Trenbolone (Finajet, Parabolan) (Metabolite)

...and related compounds
**specimen is considered positive when Testosterone/Epitestosterone ration is greater than 6