

**WORLD STREETLIFTING FEDERATION/ WSF**



# **Technical Rules Book**

Edition April 15, 2022

**Current Rules Book is an official publication of the rules of WSF competitions approved by the Presidium of the WSF Russia and its President.**

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# I. GENERAL RULES

## 1.1. General Statements

- 1.1.1. World Streetlifting Federation (Association, Organization) (as WSF) hereinafter WSF - is independent sport organization the main aim of which is to popularize street lifting in the world.
- 1.1.2. Technical Rules book of the WSF is the main document, which identifies basic principles of organizing and running WSF championships. The athletes, who are performing at the competitions according to WSF, coaches, all the officials of the competitions, must know and abide these rules.
- 1.1.3. The WSF recognizes the following lifts in all competitions run under WSF rules:
- Pulls ups or chin ups (hereinafter Pull ups);
  - Parallel bar dips (hereinafter Dips).
- 1.1.4. Divisions of WSF
- Double event - pull ups and dips with additional weight on maximum repetitions;
  - Pull ups on maximum repetitions;
  - Dips on maximum repetitions;
  - Pull ups on repetitions with fixed weight of 10, 15, 25 и 35 kg;
  - Pull ups on repetitions without fixed weight;
  - Dips with fixed weight of 10, 15, 25, 35 и 50 kg;
  - Dips ups on repetitions without fixed weight.

Taking into account the division of athletes by weight category, age category or group and gender.

At the double event the movements should be performed in the following sequence: First Pull ups, then Dips.

- 1.1.5. Every participant in each lift and in every the division is given three attempts to complete each competitive movement without counting an additional record lift or provided to the participant additionally in cases described in these rules). In divisions with multiple repetitions, the participant performs only one competitive approach.
- 1.1.6. The main document of the competitions, along with the rules, is the statement of competition, hereinafter the "Statement". Other changes, which are not reflected in the rules, may be changed and must be stated in the Statement. Also, the federation may issue other documents regulating the order of its activities. These documents should be published on the official website. The entry into force of such documents is considered as the date of its publication on the official website of the federation.
- 1.1.7. Permissible deviations from the rules, which may be stated in the statement:
- uniting age categories in accordance with the statements of the current rules. The following age categories could be united for awards and the overall scores: "Masters M1, M2, M3 and M4, into category "Masters";
  - «Teenagers 14-16» and «Teenagers 17-19» into «Teenagers»; uniting all age categories into the one «Open»; For rewarding in these categories, as well as in the overall score;
  - uniting all weight classes, within the rules registered in the current Rules;
  - defining the other order of counting Team Championship Scores.

- 1.1.8. Competitive results and records are determined:

- in divisions of maximum weight lifted- in kilograms;
- in divisions of maximum repetitions - in number of repetitions.

## **1.2. Age categories**

- 1.2.1. To compete the athlete must be at least 13 or older. The athlete must be at the minimum age on the day of the competition. The athlete who have not attained minimum age on the day of the competition can take part in the competition only with the written permission of his parents or the child's legal representative, made in the stated form.
- 1.2.2. There is a special rule about the age categories:
- The day a Teenager turns 20 years he or she is no longer a Teenager.
  - The day a Junior turns 24 years he or she is no longer a Junior.
- 1.2.3. The following age categories for men and women, which recognized in WSF
- Teenage both men and women: from 13 to and including 19 ;
  - Juniors both men and women: from 20 to and including 23;
  - Open from 24 to and including 39;
  - Masters M1: from 40 to and including 49;
  - Masters M2: from 50 to and including 59;
  - Masters M3: from 60 and older.
- 1.2.4. It is allowed to transfer results of successful attempts from the following age categories Teenagers, Juniors, Masters M1, Masters M2, Masters M3 into the results of successful attempts of the Open age class.

## **1.3. Body weight categories.**

### **Women:**

- 48.0 kg (up to 48.0 kg)
- 52.0 kg (from 48.01 up to 52,0 kg)
- 56,0 kg (from 52.01 up to 56,0 kg)
- 60.0 kg (from 56,01 up to 60.0 kg)
- 67.5 kg (from 60.01 up to 67.5 kg)
- 75.0 kg (from 67.51 up to 75.0 kg)
- 75 kg + (from 75.01 and more)

### **Men:**

- 56,0 kg (from 52.01 up to 56,0 kg)
- 60.0 kg (from 56,01 up to 60.0 kg)
- 67.5 kg (from 60.01 up to 67.5 kg)
- 75.0 kg (from 67.51 up to 75.0 kg)
- 82.5 kg (from 75.01 up to 82.50 kg)
- 90 kg (from 82.51 up to 90 kg)
- 100 kg (from 90.01 up to 100.00 kg)
- 100 kg + (from 100.01 kg)

## **1.4. Defining winners and absolute winners, rewarding competitors**

- 1.4.1. The winner in the double event is an athlete who has totaled with the largest sum in kilograms, according to the results of two competitive movements. The sum includes the best results of all attempts (except for the record 4 attempt), shown by the athlete on the platform and counted by the judges. The remaining athletes go in descending order, based on their collected sum. Athletes who showed zero results in one of the exercises are excluded from further competition.
- 1.4.2. The winner in a single lift performed to the maximum (pull up, dips) becomes the athlete who showed the greatest result in this movement. The rest of the athletes go in descending order, based on their result. The best result shown by the athlete on the platform is counted by the judges.
- 1.4.3. The winner in a single multi-repetition lift (pull-ups, dips) becomes an athlete who has shown the greatest number of repetitions. The rest of the athletes are going in descending order, based on their result.
- 1.4.4. If the results of two or more athletes are the same, the preference is given to the athlete with the lighter bodyweight. If two athletes during the weight-in procedure were registered with the same body weight and by the end of the competition got the same total, the procedure of re-weighting would take place. The higher place will take the athlete whose body weight will be lighter. If the bodyweight of the athletes will be the same again, then both athletes are given the same place and the next place is not occupied.
- 1.4.5. There are places in every age category, and there are places inside them in every weight category.
- 1.4.6. Absolute winners are determined in age categories: Teenagers, Juniors, Open, Masters (united among all Masters). The overall winner is determined by the Wilks coefficient.
- 1.4.7. Absolute score is played only in the Division of Double-event to the maximum and in the single lifts of Pull-ups and Push-ups to the maximum.
- 1.4.8. The formula for calculating the absolute superiority: the result shown by the athlete in kilograms is multiplied by the Wilks coefficient, corresponding to its weight. Additionally for the age group "Masters" the McCouloch age coefficient is applied. For this age group, the result obtained by calculating the absolute primacy is additionally multiplied by this coefficient. To read more about the coefficients of Wilks and McCouloch please visit the website of the federation in the documents section: <http://wrpf.pro/dokumenty/>. The winner is the athlete with the most points, the remaining places are distributed in descending order of this value.
- 1.4.9. The awarding ceremony of WSF Championships participants and winners in the personal, absolute and team scores is held in accordance with the Statement of the competition. The allowed uniform of the athletes for the Awards ceremony at WSF tournaments, Championships, etc. is the following: full tracksuit, t-shirt, sport shoes. Every piece of athlete appearance must be clean and tidy. It is not allowed to use the emblems and logos on uniform of the athletes with offensive content.

## **1.5. Team championship.**

- 1.5.1. The team championship can be held at the tournament, according to Statement. The amount and team composition is determined by the Statement.

- 1.5.2. The Statement also regulates the system of point scoring for team championship.
- 1.5.3. The main rule for point scoring is the following: team points could be got for first ten places and are allocated in the following order: 12 points – for the 1 place, 9 points – for the 2 place, 8 points – for the 3 place, 7 points – for the 4 place, 6 points – for the 5 place, 5 points – for the 6 place, 4 points – for the 7 place, 3 points – for the 8 place, 2 points –for the 9 place and 1 points – for the 10 place. All the participants of the competition ranked below the 10th place earn 1 point for command superiority. The team which gets the maximum number of points becomes a winner in the command superiority. If the number of team points are equal for two teams, the command which has more taken 1st places becomes a winner. In case of having the same amount of 1st places the winner is determined by the number of taken 2d, 3d, 4th and so on pl.
- 1.5.4. There could be Increasing coefficients for team scores which could be attained according to the athletes level in Sports standard (NB: in Russia there is a system of Sports standard which is based on the bodyweight, lifted total, type of usage of equipment and other parameters)
- 1.5.5. Team entry form should be sent by the Captain of the Team accordingly to deadline announced in the Statement. Changes and additions after deadline could be made only with the approval of the Organizing committee of the tournament.
- 1.5.6. There can be run several team championships during the competition. For example, the championship between teams of different countries, between teams of different regions or between teams of different sport clubs
- 1.5.7. Other questions about team championship are regulated by the Competition Rules.

## **1.6. Tournament ranking.**

1.6.1 WSF identifies the following classification of tournaments:

- international
- national (for example: Russian, American and etc)
- master (subject of the country)
- city/regional (district, sport club)

Current classification and requirements for tournaments are given in the document “Classification of tournaments held under WSF Federation” posted on the official website of the WSF Federation.

- 1.6.2. Requirements for the technical equipment of tournaments are listed in «Technical requirements for running WSF competition». Obeying these requirements is an absolute must for all the competitions, which are sanctioned or held under WSF. Requirements for the referees and the process of fixing records are described in the relevant paragraphs of the current Rule Book.
- 1.6.3. Requirements for the judging for tournaments and fixing records are described in the relevant paragraphs of these rules, and are also governed by the documents posted on the official website of the WSF.
- 1.6.4. For national WSF offices in other countries, a different gradation of tournaments may be provided, depending on the particular country. A different classification must be agreed with the president of the WSF.

## **1.7. Records.**

1.7.1. WSF registers the following records:

- World
- Continental
- National

1.7.2. There also could be registered Regional WSF records (of the district, city or town). National and regional representatives are totally responsible for registration and accounting of this records. Registration of region (subject of the country, city) records is not a compulsory requirement by Federation.

1.7.3. World and Continental records could be registered only by the head of WSF or Official record-speaker of Federation.

1.7.4. In case of setting Continental or World records on tournaments which are run by national departments of WSF, the Officials of these national departments are responsible to provide in a strict 7-days-deadline a protocol of tournament to the HQ of WSF. The protocol should be created in established form and represent the needed information about the set records.

1.7.5. The level of set records depends on classification of the tournament (see paragraphs 1.6.1, 1.6.3.).

1.7.6. All records which could be set during WSF Championships are possible to be made in the following movements:

- Double event – the total sum of 2 lifts in kg;
- Double event – pull-ups (during the double event) - in kg;
- Double event – dips (during the double event) – in kg;
- Pull-ups on maximum repetitions in kg;
- Dips on maximum repetitions in kg;
- Pulls ups on number of repetitions;
- Dips on number of repetitions.

1.7.7. All records are registered in each age category, weight category and differentiate by sex.

1.7.8. Registration of records only takes place in the tournament sanctioned by WSF and in full compliance with the rules of the federation and with the full accordance of the equipment, referees qualification to the stated Rules.

1.7.9. Record attempts can be made at any attempt. In case when during one competition, and in one category there were implemented several successful record-setting attempts, the attempt with the last, the heaviest weight would be recognized as new record.

1.7.10. In case when two athletes exceeded the existing record in separate lifts on maximum or in the double event total by lifting the same weight, as champion will be recognized the athlete with lower body weight. If both athletes during weighing in procedure were recorded with the same bodyweight, as champion would be recognized the athlete who was the first to beat the existing record.

1.7.11. In case when two athletes have set the record, having made the same number of repetitions in multi-repetitive pull-ups and push-ups, the athlete whose bodyweight at the weigh-in was less is considered a record holder. If both athletes were registered with the same body weight during the weighing, then the record holder will be the first to exceed the existing record.



- 1.7.12. New WSF Records are only valid if they exceed the previous record by at least 0.5 kg (500 gr) in double event or single lift, as for lifts on multiple repetitions -1 rep over the existing record.
- 1.7.13. Records in age categories are counted even if there is only one participant at this age class.
- 1.7.14. In case of absence of the record chart results, records are defined by the results in the lifts which are set by Presidium of WSF as a «record standard» and are accepted as records of all levels. Only athlete who exceeds «record standard» becomes a record-holder. The "Record Standard" is equated to
- Juniors 13-19 – I rank.
  - Teenagers 20-23 – Candidate in Sports Master.
  - Open – Sports Master.
  - Masters 40-49 – Sports Master.
  - Masters 50-59 – Candidate in Sports Master.
  - Masters 60+ – no record standard.
- 1.7.15. The fourth attempt may be given for athlete to establish a record in each movement. The only aim of this attempt is to establish a new record. This fourth attempt does not count in total result, and doesn't consider while ranking athletes by places at competition nor doesn't consider in registration title, accounting team points or accounting absolute winners. Additional record attempt may be given for athlete only in case of successful (approved by the referees on the platform) third attempt. In multi-repetitions on the pull-ups and push-ups, no additional record attempt is provided.
- 1.7.16. Only those athletes who applied and participated at the tournament may try to set a record in an additional attempt (i.e. an athlete with a zero result in the first three attempts but remaining in the tournament as a guest cannot set a record in the fourth attempt). If the athlete wants to set the record in single movement, he or she must be applied in advance to the division before the start of the competition. It could also take place with the approval of the organizing committee 30 minutes before the beginning of the competition.
- 1.7.17. Athletes can set the record only in the division (or divisions) in which they were lifting before the end of the last weigh-in.
- 1.7.18. The new records could be counted by age categories depending on at which category the athlete applied for the tournament – “Junior” could set a record as “Junior” and in the Open age class, «Teenagers» could set a record as «Teenagers» and in the «Open» age class, athletes from «Open» age class could set a record only in «Open» age class, «Masters» could set a record among «Masters» as well as in «Open» age class.
- 1.7.19. In case if the class of the tournament determines that all athletes can compete only in the Open category, despite their actual age (Teenagers, Juniors or Masters), the athletes can set a record in their actual age class.
- 1.7.20. After a new record was set an athlete is obligated to be completely checked in terms of clothing and equipment by Chief Referee right away on the platform. The procedure should be done immediately after the record attempt and before the athlete will leave the platform.

## **1.8. Membership in WSF.**

- 1.8.1. All athletes, referees, and other officials of the competition have to be active members of their national/local WSF on the day of the tournament.

- 1.8.2. Heads of national offices could set annual Federation membership fee (the "Fee"). The fee amount could be specified in the Competition Rules. The payment should be made by athletes at the registration (during the weighing procedure). Payment by the referees is made after the initial assignment of judicial category, or during the at the registration of the participants, before the referee will start doing his obligations at the competition.
- 1.8.3. Fee is made once a year and valid through 12 months from the date of the payment. After this period, the fee has to be paid again.
- 1.8.4. During the international competitions all the athletes and referees should be members of the national WSF departments. If WSF department in the current country does not exist, they should pay a membership of the national federation of the country which holds the tournament by paying the annual membership fee. The same rule applies to foreign participants, referees at any tournament of national WS Federation.
- 1.8.5. During the international competitions, all the athletes and referees should be members of the national WSF departments. If WSF department in the current country does not exist, they should pay a membership of the national federation of the country, which holds the tournament, by paying the annual membership fee. The same rule applies to foreign participants, referees at any tournament of national WS Federation.
- 1.8.6. In order to obtain the status of a national affiliated branch of WSF, a potential representative must submit an application in the form on the website: <https://wsf-federation.ru/zayavka-na-otkrytie-novogo-predstavitelstva-federaczii-wsf/>.
- 1.8.7. The President of WSF is the only person who is eligible to make the decision to open a National Office.

## **1.9. International affiliation.**

- 1.9.1. Rules and requirements of the International affiliation WRPF/WEPF/WAF/WSF - are regulated by the document "International affiliation of national WRPF/WEPF/WAF/WSF ". The document is available on the official website of the federation: <https://wrpf.pro/en/dokumenty/>.

## **II. EQUIPMENT AND SPECIFICATION**

Every tournament in each level has different requirements of presence and quantity of equipment. These requirements are listed in Appendix №2 «Technical requirements for holding WSF competition». The fulfillment of these requirements is a must. However, all of the equipment described in them, must comply with the following items:

### **2.1. Scales.**

2.1.1. Scales for weighing the athletes have to be digital electronic, showing weight with two decimal signs after a comma and a measuring range of at least 180 kg. A scales certificate to accompany the scales must be current to within one year of the date of the competition.

### **2.2. Platform.**

2.2.1. All lifts shall be carried out on a platform measuring between 2.5 m x 2.5 m minimum and 4.0 m x 4.0 m maximum. It must not exceed 15 cm in height from the surrounding stage or floor. The surface of the platform must be flat and non-slip.

2.2.2. It is not allowed to use the platform of multiple segments are not attached to one another. The upper surface of the platform must provide good grip of athlete's feet with platform, so it should be of a non-slip material and firm. It is strictly prohibited to have the segments unattached to each other.

### **2.3. Crossbar and parallel bars.**

2.3.1. The crossbar for pull-ups and parallel bars for push-ups can be represented both a single complex and separate equipment.

2.3.2. Any complex, or separate equipment, must ensure the safe execution of exercises.

2.3.3. It should be attached to the platform or installed on it so as to avoid moving, detachment from the equipment surface from the platform during the exercise.

2.3.4. All the elements must be rigidly fastened to each other, providing a single, solid construction. During the exercise, no structural element should change its parameters, move, come into motion. An exception can be done only by a special weight feeder.

2.3.5. The crossbar and parallel bars must not be bent when performing exercises, and must also be strictly paralleled to the surface of the platform.

2.3.6. It is allowed to adjust the distance between the bars within the specified limits.

2.3.7. The main parameters of the horizontal bar for pull-ups:

- The minimum height from the platform to the crossbar is 2200 mm.
- The minimum width of the horizontal bar - 1200 mm.
- The diameter of the horizontal bar should be in the range from 27 to 30 mm.

2.3.8. The main parameters of the bars for push-ups:

- The minimum height from the platform to the boards is 1300 mm.
- The distance between the bars should be in the range from 450 to 600 mm.
- The diameter of the bars should be in the range from 45 to 60 mm.
- The length of the working surface of the bars should be at least 500 mm.

## **2.4. Discs.**

- 2.4.1. All discs used in competition must be created on factory production, there shouldn't be no chips, cracks and other defects which can affect on their safe usage;
- 2.4.2. All discs used in competition must weight within 0.25 percent or 10 grams of their face value.
- 2.4.3. Discs must be within the following range: 0,25 kg, 0,5 kg, 1 kg, 1.25 kg, 2.5 kg, 5 kg, 10 kg, 15 kg, 20 kg, and 25 kg. Disks 50 kg are allowed for usage.
- 2.4.4. Discs must be colored as the following: 0,25 kg; 0,5 kg; 1,25 kg; 2,5 kg; – any monochromatic color; 5 kg – white; 10 kg - green, 15 kg - yellow, 20 kg - blue, 25 kg - red, 50 kg - green. Acceptable to use disks of other color only in agreement with the head of the national department of the federation.
- 2.4.5. A set of discs on the platform is the following: 0.5 kg; 2.5 kg; 5 kg; 10 kg; 15 kg; 20 kg - strictly 1 pc., 25 kg - in a quantity sufficient to ensure the load of the weight declared by the participants.
- 2.4.6. All discs must be clearly marked with their weight and loaded in the sequence of heavier discs innermost with the smaller discs in descending weight arranged so that the referees can read the weight on each disc.
- 2.4.7. The diameter of the largest discs shall not be more than 45 cm.
- 2.4.8. The diameter of the inner hole of the disc must be sufficient in order to pass the chain with the carabiner, which are attached to the belt of the athlete.
- 2.4.9. Rubber discs are acceptable.

## **2.5. Lights.**

- 2.5.1. A system of lights shall be provided for the referees to make known their decisions of good lift or no lift. A system of lights should have an information board with three white signals and three red signals located in a horizontal row and also one panel for each of the three referees on the platform. Also judicial board should have a two-tone alarm sound.
- 2.5.2. Alarms and evaluation have to be visible to the referees on the platform, to the jury, to the secretary, athlete speaking on the platform and to the audience.
- 2.5.3. When a referee detects an infraction he activates his control. Each referee will control a white and a red light. These two colors represent a “good lift” and “no lift” respectively. Additionally, in case of «no lift», when referees give signals they have to use error information card, more about this see at chapter 2.9 of the Rules.
- 2.5.4. The lights shall be arranged horizontally to correspond with the positions of the three referees. They must be wired in such a way that they light up together and not separately when activated by the three referees.

2.5.5. For emergency purposes, i.e. a breakdown in the electrical system, the referees will be provided with small white or red flags or paddles with which to make known their decisions on the Chief Referee's audible command "flags". In case of having no flags referees show their decisions by hand gestures. The thumb lifted upwards - «good lift», thumbs down - «no lift».

## **2.6. Clocks.**

2.6.1. The timer (stopwatch) is used to set a time limit, after calling the athlete on the platform, and before the start of the lift. And also to limit the time allotted for the approach for multiple divisions.

2.6.2. The timer must be placed within the overall visibility of the referees on the platform, secretary, jury, spectators and athletes in the exit area on to platform. There should be a information board on which is visible countdown allotted for athlete output.

## **2.7. The stand.**

A special stand is used:

- To set and set the weight;
- Set of the original position of the athlete on the bar or parallel bars;
- Ensure safe completion of the exercise;
- Unloading weight.

## **2.8. Device helping to set the weight.**

To facilitate the weight load, its installation, it is permissible to use a special device. It can represent, as an element of the design of the complex to perform the exercises, as well as a separate device. The main requirement is to ensure the safe execution of the exercise.

### **III. PERSONAL EQUIPMENT**

On any subject of personal equipment are prohibited abusive labels which would counteract with the sporting event.

#### **3.1. Lifting suit.**

- 3.1.1. The suit must be constructed entirely of fabric or a synthetic textile material, so that no support should be given to the lifter by the suit while lifting.
- 3.1.2. Any seams, trims or other details which, in the opinion of the members of the Technical Committee, the jury and in case of their absence, referees, applied in suits exclusively to enhance or consolidate are cause for prohibiting the use of such suit at the competition.
- 3.1.3. The suit shall be one-piece and form fitting without any looseness when is worn.
- 3.1.4. The suit straps must be worn over the lifter's shoulders at all times in all lifts in all competitions.
- 3.1.5. The lifting suit must conform to the following specifications:
  - Can be created in any color, be monochrome or multicolored.
  - The suit may have the logos or emblems - of the lifter's nation - of the lifter's name - of the lifter's club or individual sponsor.
  - It is prohibited to have prints or labels with the slogans which are offensive or discrediting the sport.
- 3.1.6. Seams and hems must not be wider than 3 cm and a thickness of 0.5 cm. The seams may be covered or reinforced narrow band of stretchable fabric material is not more than 2 cm in width and 0.5 cm in thickness. Only weightlifting or wrestling suits may have seams and hems exceeding 3 cm in width. Also in suits in the crotch area may be two layers of the same with itself suits material no larger than 12 x24 cm.
- 3.1.7. The suit must have legs, the length of the outer side of which may reach 25 cm, but the length along the inner side of leg from middle of crotch shall not be less than 5 cm and not more than 15 cm. Measurement is made from passing through the top of the crotch seam along the inside of the leg.
- 3.1.8. Do not use suites with:
  - sleeves of any length.
  - any fasteners or other parts from metal, plastic or other materials that may cause injury or damage during the completing the movement.
  - it is forbidden to sew on material residues, if the straps of suit was stitched.
- 3.1.9. Others suits, that are not accepted by these Rules, are not allowed for the use in competitions.

#### **3.2. T-Shirt.**

- 3.2.1. A t-shirt must be worn under the lifting suit by all lifters; Also women can wear the bra or top under the t-shirt, with no additional support. You can wear only one a T-shirt at the same time.

3.2.2. The t-shirt must conform to the following specifications:

- T-shirt must be made only of cotton and / or polyester. T-shirts consist of any rubberized stretch material are prohibited. Also, denim and canvas are prohibited.
- The shirt must not have any reinforced seams or pockets, buttons, zippers or V-neck collar.
- The shirt must not have reinforced seam.
- The shirt must have sleeves. Those sleeves must terminate below the lifter's deltoid and must not extend onto or below the lifter's elbow. The sleeves may not be pushed or rolled up onto the deltoid when the lifter is competing.
- T-shirt can be an officially branded t-shirt of a competition, or may bear the logo or emblem of the lifter's nation, the lifter's club or individual sponsor.
- T-shirt must be to sit free on the athlete what is guaranteed not to give him any physical support.

### **3.3. Briefs.**

- 3.3.1. A standard commercial "athletic supporter" or standard commercial briefs (not boxer shorts) of any mixture of cotton, nylon or polyester shall be worn under the lifting suit during completing all the free lifts.
- 3.3.2. Women may also wear a commercial or sports bra.
- 3.3.3. Swimming trunks or any garment consisting of rubberized or similar stretch material except in the waistband, shall not be worn under the lifting costume.
- 3.3.4. Any supportive undergarment is not legal for use in competition. Evaluation of this parameter left to the discretion of referees, the jury and the technical committee

### **3.4. Socks.**

- 3.4.1. Only one pair of socks is allowed to be worn.
- 3.4.2. Socks may be of any color or multicolored.
- 3.4.3. They shall not be of such length on the leg that they come into contact with the knee wraps or knee sleeves.

### **3.5. Belt, chain, carbines.**

- 3.5.1. Competitors may wear a belt. If worn, it shall be on the outside of the lifting suit.
- 3.5.2. Belts can be provided by the competition organizers. Also allowed to use their own belts that meet the requirements of these rules.
- 3.5.3. The belt could be made of leather, vinyl or other non-stretchable material from one or more layers, glued together and (or) stitched together.
- 3.5.4. At both ends, the belt should have metal rings. They are required for attachment to the belt weight.
- 3.5.5. The rings should be attached to the belt with buttons, rivets or sewing, ensuring safe use of the belt.

- 3.5.6. The weight to the belt should be attached with carabines and chains, only to the metal rings on the belt. Carabiners and chain must ensure the safe execution of exercises and withstand a load of at least 200 kg.
- 3.5.7. It is allowed to use several carabines for attaching weight to a belt.
- 3.5.8. The chain must be unified, the use of multiple chains is prohibited. When performing the exercise, the chain should not touch the platform or equipment items, except for the disks.

### **3.6. Wrist wraps, plasters, tapes, bandages.**

- 3.6.1. It is allowed to use bandages or wraps of elastic single-layer, only factory-produced materials: medical crepe, polyester, cotton or combinations thereof.
- 3.6.2. Wrists wraps shall not exceed 1 m in length and 8 cm in width. Any sleeves and Velcro patches/tabs for securing must be incorporated within the one meter length. A loop may be attached as an aid to securing. The loop shall not be over the thumb or fingers during the actual lift.
- 3.6.3. Standard commercial sweat bands may be worn, but they should not exceed 12 cm in width. A combination of wrist wraps and sweat bands is not allowed.
- 3.6.4. A wrist covering shall not extend beyond 10 cm above and 2 cm below the center of the wrist joint and shall not exceed a covering width of 12 cm.
- 3.6.5. Using more than one wrap on one hand at the same time is prohibited.
- 3.6.6. The wraps of medical crepe or conventional medical bandages and special wristbands require special approval for usage during competitions.
- 3.6.7. All medical reports in accordance with which the athlete will be able to have a permission to use medical wraps and bandages during lifting should be submitted to the Chief Referee before the event to determine their suitability to the rules
- 3.6.8. The use of elbow pads, as well as any bandages on the elbow joint, during exercise is prohibited.

### **3.7. Lifting shoes.**

- 3.7.1. Shoes or boots must be worn while during completing the lifts.
- 3.7.2. Shoes shall be taken to include only sports shoes/sports boots; Weightlifting/Powerlifting boots or Deadlift slippers. The above is referring to indoor sports e.g. wrestling/basketball/ gymnastics.
- 3.7.3. It is forbidden to use shoes with open heel (slippers, shale).
- 3.7.4. It is forbidden to use shoes with metal spikes or strips, pads.



### **3.8. Inspection of Personal Equipment.**

- 3.8.1. During the competition the inspection of personal equipment for every lifter may take place at any time. It is not a mandatory procedure. Any athlete in case of doubt of any of the referees may be checked for permissible use of equipment, both before and after the competition.
- 3.8.2. The athlete can provide the form for review during his weigh-in, but no later than 20 minutes prior to his flight.
- 3.8.3. Only the referees, the jury, the members of the Technical Committee may check the equipment of the athlete.
- 3.8.4. Equipment that does not comply with these rules is not allowed to use. But there could be exceptions. For example: the length of the bandages or trouser-leg can be cut off for the conformity to the rules.
- 3.8.5. Equipment or form that has an unkempt appearance or damaged is forbidden to use during the competition. The offensive inscriptions or images on the form or equipment are prohibited.
- 3.8.6. If the referee made a mistake when checking the equipment, it does not entitle to use this equipment during the competition. If such an error is detected, all the approaches that the athlete has fulfilled with its use, are not counted.
- 3.8.7. Items such as watches, costume jewelry, mouthpieces, eye wear and feminine hygiene articles need not be inspected.
- 3.8.8. Before attempting a world, regional, continental record the lifter will be inspected by the Technical Controller.

### **3.9. Usage of other supportive things.**

- 3.9.1. The use of oil, grease or other lubricants on the body, or personal equipment is strictly forbidden. Baby powder, resin, talc or magnesium carbonates or chalk are the only substances that may be added to the body and attire.
- 3.9.2. The use of any form of adhesive on the underside of footwear is strictly forbidden (this applies to any kind of ratchet inserts in the sole, steel or other things, the lining of the sandpaper, etc.).
- 3.9.3. The use of straps (exception - item 6.9.15), any gloves and various hooks is prohibited (except for special prostheses for disabled athletes).

### **3.10. Antiseptic equipment operations.**

- 3.10.1. The presence of an athlete on the platform with bleeding or open wounds is unacceptable. Any damage must be treated and bandaged before going on the platform. If there is blood on the bar, or equipment, and the lifting must be performed, so the bar and the equipment should be sterilized with a disinfectant solution. Competition organizers are responsible for the availability of such a solution during the competition.
- 3.10.2. In the presence of a bleeding or open wound the athlete is obliged to resort to medical assistance for proper inspection and take the necessary measures for the treatment of wounds and to stop

bleeding in order to be admitted to lift on the platform. The time allotted for the attempt does not stop, and in case of impossibility of solving this problem in a set time the athlete loses his attempt.

## **IV. POWER LIFTS AND RULES OF PERFORMANCE**

### **4.1. Pull-ups on maximum.**

- 4.1.1. To accept the starting position and the weight load, a special bollard or device for weight loading is used. Also assistance is the responsibility of assistants on the platform. Weight, for the implementation of the approach, is fixed on the body of the athlete using an athletic belt (paragraph 3.5).
- 4.1.2. The starting position:
- The athlete performs hanging on the bar, facing the front of the platform.
  - It is not allowed to touch the platform and any fixed parts of the equipment, except for grasping the crossbar with hands.
  - None of the assistants, personal insurers, coaches, should not touch an athlete. The exception is only help in loading the weight and grabbing the crossbar before starting the exercise, as well as after completing the approach.
  - Swinging the body is not allowed.
  - Leg bending at the knees is acceptable.
  - The arms in the elbows are fully extended.
  - Allowed types of grip: direct or reverse, open and closed grip are also allowed.
  - Mixed grip, wrist straps, gymnastic hooks - are prohibited.
- 4.1.3. The beginning of the exercise is the command set by the senior judge “Start”.
- 4.1.4. After receiving the command to start the exercise, the athlete starts moving upward until the tip of the chin is not above the crossbar, and in the side projection, the athlete's chin must go beyond the crossbar forward or be above it. After this position, the athlete immediately returns to the starting position.
- 4.1.5. As soon as the athlete motionlessly occupied (stopped and fixed) this position, the head judge gives the command “Rack”.
- 4.1.6. Only after the command “Rack” the athlete can finish the exercise.
- 4.1.7. After this command, the athlete must stand on the stand, or the assistants must help him to get down from the stand onto the platform and unload the weight.
- 4.1.8. During the pull-up, no more than three (3) and at least two (2) assistants should be on the platform.
- 4.1.9. From the moment the athlete is called to the platform by the secretary (speaker) of the competition, prior to the start of the exercise, the athlete should take the starting position specified in paragraph 4.1.2 and it is given two minutes to do this.
- 4.1.10. Causes for disqualification of pull ups
- Not obeying to any of the commands of the senior judge on the platform, the performance of movement before the command or with the command of the senior judge;
  - An error in taking the starting position with arms straightened in the elbows, at the beginning or end of the exercise;
  - An error in taking the correct position in the top position. The chin is above the crossbar and in the lateral projection extends beyond its limits forward;

- The swing of the body, at any stage of the pull-ups;
- More than one attempt to perform an upward move after the senior referee's "Start" command is a double move;
- Touching the legs of the platform or racks of the bar;
- Jumping off the horizontal bar before the command of the senior judge "Complete"
- If the athlete does not go on the platform for the time allotted for this;
- Weight loss from a belt or with a belt from an athlete.

4.1.11. Allowed and are not assumed as an error:

- Jerk movement at the beginning of an upward movement, but strictly without swinging the body;
- Straightening and bending the legs at the knees, during the exercise, without touching the racks of the horizontal bar or the platform;
- It is allowed to unclench the fingers to correct the grip, and also to change the width of the grip, without losing contact of the palm with the horizontal bar;
- If the athlete started moving up to the Start command of the senior judge, but did not take the upper position, it is permissible to return to the starting position, wait for the senior judge's command to start the exercise and complete the attempt.

## **4.2. Pull ups on multiple reps**

4.2.1. For competing an athlete chooses one of the possible divisions of multi-repetitive pull-ups on a crossbar with a fixed weight:

- Women: 10 or 15 kg
- Males: 10, 15, 25 or 35 kg

4.2.2. For multi-repetitive pull-ups, the must-to-obey rules are described in paragraphs 4.1.1 to 4.1.4 of the current Rule Book. The "Start" command, paragraph 4.1.3, is given only once, at the beginning of the exercise. It can also be given by the senior judge if the approach was stopped due to a technical error, after explaining it to the athlete.

4.2.3. The athlete is given 4 minutes to complete the attempt. The countdown of this time begins with the "Start" command of the senior judge on the platform. It is given 2 minutes for the athlete from the moment he is called to the platform by the secretary (speaker) of the competition, prior to the start of the exercise, which is specified in paragraph 4.1.2 is given two minutes.

4.2.4. After each repetition performed, the athlete again takes the starting position (paragraph 4.1.2), after which the central judge immediately pronounces the ordinal count of repetition (one, two, three, etc.). Only after hearing the judge's account, the athlete performs the following repetition.

4.2.5. If the athlete makes a technical error in the performance of the repetition, then instead of the judge's command, the athlete hears a command indicating such an error, and the repetition is not counted.

4.2.6. Commands of the referee pointing to technical errors are:

- "Elbows" - the command is given if the athlete did not straighten his elbows while taking up the starting position at the lowest point and without waiting for the referee's bill to begin the next repetition.
- "Above" - a command is given if the athlete does not fix the top position specified in the paragraph 4.1.4.

- “Stop” - a command is given if an athlete attempts to swing the body, touch equipment racks or feet, and also to stop and attract the athlete's attention if he does not respond to the referee's command several times indicating another error. Also, the “Stop” command may be submitted by the judge to stop the approach if, for security reasons, the approach cannot be continued. After explaining the technical error, the athlete can continue to perform the approach only after re-starting the “Start” command.
  - "Time" - the command is given after the time allotted for the approach (4 minutes). Or if the athlete does not go on the platform during the time allotted for this.
- 4.2.7. An athlete can perform an unlimited amount of rest in the starting position (clause 4.1.2).
- 4.2.8. During the attempt, the athlete should not change the grip to the mixed. It is allowed only to open the fingers in order to strengthen the grip, while the contact of the palms of both hands with the horizontal bar should be constant throughout the whole approach.
- 4.2.9. In the process of performing the attempt, it is allowed to change the width of the grip, without losing the contact of the palms with the horizontal bar.
- 4.2.10. Only one judge is judging the multi-repetition on the platform.
- 4.2.11 The reasons for which repetitions in the pull-ups may not be counted:
- Failure to comply with any of the commands of the senior judge on the platform;
  - Mistake in taking a starting position with arms straightened in elbows, at the beginning or end of each repetition;
  - Error in taking the correct position in the top position. The chin is above the crossbar and in the lateral projection extends beyond its limits forward;
  - The swing of the body, at any stage of the pull-ups;
  - Touching the legs of the platform or racks of the bar;
  - Jumping from the horizontal bar to the end of the repetition and the adoption of the starting position;
- 4.2.11. The approach is terminated in the case of:
- If an athlete loses contact of at least one hand with a horizontal bar;
  - Touching the legs of the platform or equipment racks, with the purpose of rest, assistance in lifting weight or stabilizing the hull when performing the attempt.
  - Weight loss from a belt or with a belt from an athlete. If the error occurs due to the fault of equipment or technical personnel of the competition, then the athlete is given an additional attempt according to these rules;
  - After the time allotted for the implementation of the attempt. In this case, the senior judge gives the command "Complete".
- 4.2.12. Allowed and are not assumed as an error:
- Jerk movement at the beginning of an upward movement, but strictly without swinging the body;
  - Straightening and bending the legs at the knees, during the exercise, without touching the racks of the horizontal bar or the platform;
  - It is allowed to unclench the fingers to correct the grip, and also to change the width of the grip, without losing contact of the palm with the horizontal bar;
  - If the athlete started moving up to the Start command of the senior judge, but did not take the upper position, it is permissible to return to the starting position, wait for the senior judge's command to start the exercise and complete the attempt.

### 4.3. Dips or push-ups on maximum

- 4.3.1. To accept the starting position and the weight load, a special bollard or device for weight loading is used. Also assistance in this is the responsibility of assistants on the platform. Weight, for the implementation of the attempt, is fixed on the body of the athlete using an athletic belt (paragraph 3.5).
- 4.3.2. Starting position:
- The athlete on the weight in the upright position of the body, the athlete's hands rest on parallel bars;
  - It is not allowed to touch the platform and any fixed parts of the equipment, except for the grip of the bars with hands.
  - None of the assistants, personal insurers, coaches, should not touch an athlete. The exception is only help in loading and unloading the weight and assuming an upright position in the arm, before the exercise begins.
  - Build the body is not allowed.
  - Leg bending at the knees is acceptable.
  - The arms in the elbows are fully extended.
  - The permitted types of grip are: straight, open and closed.
  - Hand straps, gymnastic hooks - are prohibited.
- 4.3.3. The beginning of the exercise is defined by the command by the senior judge "Start".
- 4.3.4. After receiving the command to start the exercise, the athlete begins to flex the arms in the elbows (downward movement) until the upper surface of the posterior bundle of the deltoid muscle is lower than the upper point of the athlete's elbow joint.
- 4.3.5. Upon this position, the athlete must independently return to the starting position.
- 4.3.6. After assume the starting position, the athlete receives the command "Rack".
- 4.3.7. After the "Finish" command, the athlete must stand on the stand, or the assistants must help him to get down from the stand onto the platform and unload the weight.
- 4.3.8. During push-ups, no more than three (3) and at least two (2) assistants should be on the platform.
- 4.3.9. It is given 2 minutes for an athlete from the moment he is called to the platform by the secretary (speaker) of the competition, to the start of the exercise, to take starting position. It is specified in paragraph 4.2.2.
- 4.3.10. Causes for disqualification of
- Not observance of any of the commands of the senior judge on the platform, the performance of movement to the teams or with the teams of the senior judge;
  - An error in taking the starting position with arms straightened in the elbows, at the beginning or end of the exercise;
  - An error in taking the correct position in the lower position when the upper surface of the posterior bundle of the deltoid muscle is lower than the upper point of the athlete's elbow joint;
  - Movement down, after the command "Up" of the senior judge;

- The swing of the body, at any stage of push-ups;
- More than one attempt to perform a downward move after the team of a senior judge, “Start”. And also more than one attempt to perform an upward move, after the team of the senior judge “Up” - a double movement;
- Touching with feet (body) of the platform or racks of bars;
- Jumping from the bars to the team of the senior judge "Complete" ("Rack").
- If the athlete does not go on the platform for the time allotted for this;
- Weight loss from a belt or with a belt from an athlete.

4.3.11. Allowed and are not assumed as an error:

- Straightening and bending the legs at the knees, during the exercise, without touching the racks of the horizontal bar or the platform;
- It is allowed to unclench the fingers to correct the grip, without losing contact of the palm with the bars;
- If the athlete started moving up to the “Start” team of the senior judge, but did not accept the lower position, it is permissible to return to the starting position, wait for the senior judge's team to start the exercise and complete the approach.

#### **4.4. Dips or push-ups on multiple repetitions**

4.4.1. The athlete chooses one of the possible divisions of multiply push-ups on bars with a fixed weight for participation:

- Women: 10 or 15 kg
- Men: 15, 25, 35 or 50 kg.

4.4.2. For multi-repetitive pull-ups, the paragraphs of the rules from 4.3.1 to 4.3.4 inclusive are a must to obey. The “Start” command, described in paragraph 4.3.3, is given only once, at the beginning of the exercise. It can also be given by the senior judge if the attempt was stopped due to a technical error, after explaining it to the athlete.

4.4.3. The athlete is given 4 minutes to complete the attempt. The countdown of this time begins with the “Start” command of the senior judge on the platform. An athlete from the moment he is called to the platform by the secretary (speaker) of the competition, prior to the start of the exercise, the athlete’s starting position specified in paragraph 4.3.2 is given two minutes.

4.4.4. After each repetition performed, the athlete again takes the starting position (paragraph 4.3.2), after which the central judge immediately pronounces the ordinal count of repetition (one, two, three, etc.). Only after hearing the judge's account, the athlete performs the following repetition.

4.4.5. If the athlete makes a technical error in the performance of the repetition, then instead of the judge's score, the athlete hears a command indicating such an error, and the repetition is not counted.

4.4.6. Commands of the referee pointing to technical errors are:

- “Elbows” - the command is given if the athlete did not straighten his elbows while taking up the starting position at the lowest point and without waiting for the referee's bill to begin the next repetition.
- “Above” - a command is given if the athlete does not fix the top position specified in the paragraph 4.1.4.

- “Stop” - a command is given if an athlete attempts to swing the body, touch equipment racks or feet, and also to stop and attract the athlete's attention if he does not respond to the referee's command several times indicating another error. Also, the “Stop” command may be submitted by the judge to stop the approach if, for security reasons, the approach cannot be continued. After explaining the technical error, the athlete can continue to perform the approach only after re-starting the “Start” command.
  - "Time" - the command is given after the time allotted for the approach (4 minutes). Or if the athlete does not go on the platform during the time allotted for this.
- 4.4.7. An athlete can perform an unlimited amount of rest in the starting position (p 4.3.2).
- 4.4.8. During the execution of the attempt, the athlete should not change the grip to the mixed. It is allowed only to open the fingers in order to enhance the grip, while the contact of the palms of both hands with the bars must be constant throughout the entire approach.
- 4.4.9. Multiple push-ups are judged by one judge on the platform.
- 4.4.10. Reasons why repetitions in push-ups may not be counted:
- Failure to comply with any of the commands of the senior judge on the platform;
  - An error in taking a starting position with arms straightened in elbows, at the beginning or end of each repetition;
  - An error in taking the correct position in the lower position when the upper surface of the posterior bundle of the deltoid muscle is lower than the upper point of the athlete's elbow joint;
  - The swing of the body, at any stage of push-ups;
  - Jumping off the boards until the end of the repetition and the adoption of the starting position;
- 4.4.11. The approach is terminated in the case of:
- If the athlete loses contact of at least one hand with the bars;
  - Touching the legs of the platform or equipment racks, with the purpose of rest, assistance in lifting weight or stabilizing the hull when performing the approach.
  - Weight loss from a belt or with a belt from an athlete. If the error occurs due to the fault of equipment or technical personnel of the competition, then the athlete is given an additional attempt according to these rules;
  - After the time allotted for the implementation of the approach. In this case, the senior judge gives the command "Complete" ("Rack").
- 4.4.12. Allowed and are not assumed as an error:
- Straightening and bending the legs at the knees, during the exercise, without touching the racks of bars or the platform;
  - Double movement on any part of the amplitude is allowed, with the obligatory observance of the commands of the senior judge;
  - If the athlete began to move down to the “Start” command of the senior judge, but did not accept the lower position, it is permissible to return to the starting position, wait for the senior judge's command to start the exercise and complete the approach.



## **V. WEIGHING IN**

- 5.1. Weighing-in of the competitors shall be initiated 24 hours before the start of the competition for a particular category. The meet director may schedule regular weigh in any time during the 24 hour period. The first weighing in session lasts an hour and a half at minimum. Second weighing in session is held two hours before and is completed a half of an hour before the start of competing of appropriate weight class. This two sessions are mandatory. Additional sessions could be possibly set by decision of Organizing committee. Information about all sessions should be brought to the attention of athletes and coaches.
- 5.2. All athletes in the category/categories must be weighed during one of two mandatory or additional (if so provided) sessions, which are carried out in the presence of at least one certified WSF referee.
- 5.3. Schedule of weighing in is established in the regulations and It is a mandatory part of it.
- 5.4. Weighing in of each participant is held in separate room behind closed doors or a screen, where there are the participant, his coach or manager and referee or WSF official..
- 5.5. Athletes should be weighed naked or in underwear (briefs for men; bra and panties for women). Weighing in must be conducted by officials of the same sex as the athlete is. In this case additional officials can be appointed who have a needed category of referees.
- 5.6. To establish the order a draw must be conducted during the weighing in. A draw determines the order of the lifts on the platform during the competition, when athletes set the same weight on the bar in their attempts. In the case of using an automated system for running the competitions a draw is determined by the program.
- 5.7. Each athlete could be weighed only once. Re-weighing is allowed only to those athletes, whose own weight was less or more than the permissible limits of the weight category. These athletes must return to weigh-in and be weighed again on one of two mandatory sessions, before the end of the last weighing session for the one and a half hours for this category, other way they will be excluded from the competition in this weight class. Athlete, who trying to make weight, can do weighing many times, but during the time for this weight class.
- 5.8. If weight of athlete exceeds the allowed for the weight class, he can go to the next, heavier weight class. This athlete must weigh-in in time for next weight class, if it establishes by the regulations. Athlete must match for all established qualification standards of this competition. Qualification check is performed in the presence of the athlete. If weight of athlete is lower than the minimum of weight class, he can go to the previous, lower weight class, provided that the procedure for weighing this weight class is not over yet. Qualification check is performed in the presence of the athlete.
- 5.9. Official weight of athlete, which is recorded in the protocol, will be fixed with rounding up to 100 grams.
- 5.10. Participants of age categories “Teenagers”, “Juniors” and “Masters” may declare their participation or reconsider in “Open” category without additional weigh-in, or be weighed again if they wish.
- 5.11. At the weigh-in the athlete's data are entered in the participant's cards or in tournament program.

It is required to include the following information:

- Name and surname of an athlete;
- Division;

- Birth date, age and age category;
- Country, region and city;
- Weight of athlete after weigh-in and weight class;
- First attempts in all lifts;
- Wilks coefficient value;
- Team;
- Name and surname of the coach;
- Draw number;
- A signed form about accepting responsibility in the event of injury or an accident that could occur due to the fault of the athlete;
- Contacts of an athlete (telephone number, post address and e-mail);
- Date of Filling in and signature of athlete;

The secretary at weigh-in should correctly enter the information, and athlete should check correctness of all the entered data. After signing the participant's card an athlete assumes taking responsibility for the reliability of all data put in it. The participant's card is an official document of tournament.

- 5.12. Registration and weighing of participants are made only upon presentation of a document certifying the identity of an athlete.
- 5.13. During any session of weigh-in mandatory equipment check can be appointed. This information must be published in the statement of the tournament. In other way equipment check is not mandatory on weigh-in, but athlete may ask referee to check his equipment.
- 5.14. In the case when participants of several weight categories or divisions are weighted on the same time, priority in the order is given to those athletes whose performance will begin no more than 2 hours from the current time. Otherwise, the sequence of weighing is determined by the athletes themselves waiting their turn.
- 5.15. In case of severe weather or emergency situations in the competition area, time of weigh-in may be extended by decision of technical secretary or jury member.

## **VI. ORDER OF COMPETITION**

### **6.1. The Round system.**

- 6.1.1. All competitors are distributed by round according to the rules of the tournament. Every round in pull ups and dips on maximum reps consists of three attempts for each athlete. In pull ups and dips on multiple reps every round consists of one attempt for every lifter. Creating the rounds and setting the attempts queue must comply with the rules given in this chapter.
- 6.1.2. A round must be formed in such a way that all competitors perform the same lift.
- 6.1.3. If there are more than 15 athletes at the competition or round, then they must be divided into several flights consisting of an approximate equal number of participants. One round should consist of no more than 15 participants.
- 6.1.4. The round may include one or several weight classes, it is all up to the organizer. Rounds must be classified by numbers or letters.
- 6.1.5. Rounds are formed by weight and age classes by increasing the declared weight in the first attempt. Athletes of the lightest weight classes with the lowest first attempts are forming first round (Round 1). Next rounds are formed by ascending weight classes and weights of first attempts.
- 6.1.6. Arrangement of rounds, which included two or more lifts (double event), must be implemented as following: Round 1 performing three attempts of first lift, then Round 2 performing three attempts of first lift. At this time Round 1 athletes are warming up to second lift. When Round 2 first lift ends, Round 1 start second lift, and Round 2 lifters are warming up for next lift. If there is only one flight with several lifts, it must be in between another divisions lifts or 30 minutes between to warm up.
- 6.1.7. If number of participants in one round less than 10, an added time should be provided to the end of each round: 9 athletes – 1 minute, 8 athletes – 2 minute, 7 athletes – 3 minutes and so on: 1 minute more for 1 athlete less. Tournament secretary must make an announcement about the breaks and turn on a timer after the last athlete in the round. The tournament secretary is obliged to make an announcement about such breaks, and after the last participant in the approach has performed, turn on the timer to count down the necessary time. A minute before it ends, the secretary on the platform must declare a minute readiness. The athlete must also follow the passage of extra time. After the extra time has elapsed, the belt is unloaded, and then a new weight is established and two minutes are given to the next athlete to begin his approach.
- 6.1.8. In each round a bar weight is set from smallest to largest (in accordance with the existing applications of athletes). Weight can be lowered less only by mistakes. Each athlete makes first lift in the first round, second lift in the second round and third lift in the third round. All record lifts will be after the third round for each lifts.
- 6.1.9. The athlete is allowed only one weight change in the first attempt in each exercise. Weight can be increased or decreased from the original order and then the order of lifts should be changed accordingly. The change of weight at the first attempt is possible no later than 5 minutes before the start of the first attempt, at which the athlete performs. Weight changes in the first attempt could be taken both for increase and decrease. The secretary must inform the athletes one minute before the end of the time allotted for re-applying the starting weights
- 6.1.10. If two athletes declared the same weight, athlete who have less draw number lifts first.

- 6.1.11. If the attempt in the round was unsuccessful due to the erroneously set weight on the belt, through the fault of the assistants or due to equipment malfunction, an additional attempt should be given to the athlete to the declared weight at the end of this round. If the wrong weight is established and it is detected by the athlete before the attempt begins, he may continue this approach after eliminating the error or take an additional attempt at the end of the round. In all other cases, the athlete is given an extra try at the end of the round. If the athlete is the last in the round, he is added three minutes to complete the additional approach, the penultimate athlete in the round is added four minutes, and the third from the end of this round is added three minutes to complete the additional attempt.
- 6.1.12. The athlete must declare their second and third attempts within one minute after the end of the previous approach. If no weight is declared during this minute, then the athlete automatically adds 2.5 kg to the weight lifted in the previous attempt for his next attempt. When in the previous attempt the athlete's attempt to raise the weight was unsuccessful, and he did not declare the weight for the next attempt during the one minute allotted for this, then the athlete would be given a weight equal to the weight ordered in the previous approach. Responsibility for timely weight applications in the next attempts lies entirely with the participant himself.
- 6.1.13. Weights of the second attempts cannot be changed. According to this rule, an application for an approach once submitted cannot be withdrawn and replaced. The belt must be loaded according to this application. In the double event the third round of push-ups, and in the single exercises for a maximum in the third round - it is allowed to change the weight twice. A change in the weight declared on the third attempt can be made in the direction of both increasing and decreasing. However, this is allowed only under the condition that the athlete has not yet been called on the platform to the previously declared weight.
- 6.1.14. Minimal weight change is 2.5 kg.

## 6.2. The officials

- Speaker/Announcer - a national or International referee (preferably) who is fluent in English and in the language of the hosting nation.
- Technical Secretary - an International Referee preferably who is fluent in speaking and writing English and in the language of the hosting nation.
- Time Keeper (a qualified referee).
- Marshals/Expeditors.
- Secretaries.
- Spotters/Loaders.
- Additional officials may be appointed as required, e.g. doctors, paramedics etc.

### Responsibilities of the Officials are:

#### 6.2.1. Speaker/Announcer:

The speaker is responsible for qualified competition management. He must perform the following duties:

- Declares the approaches by athletes in the established in these rules order. Works with protocol or member cards.
- Announces the weight required for the next attempt, the name and surname of the athlete.
- Announces the order of lifts of the next following three athletes, so that they are to enter the platform

- When the bar is loaded and the platform cleared for lifting, the Chief Referee will indicate this fact to the Speaker. When the Speaker announces that the bar is ready and calls the lifter to the platform, the clock will begin.
- When the Speaker announces that the bar is “ready/loaded”, then the lifter is committed to the attempt.
- Attempts announced by the speaker must be displayed on the scoreboard in a prominent position, with the lifters name and his bodyweight.

#### 6.2.2. Technical Secretary:

- The Technical Secretary is responsible for forming the composition of the officials - jury, judges and other officials of the competition, the schedule of their work.
- If there is no need in a full jury of three people, he can be the only one responsible for enforcing WSF rules. If the technical secretary is absent from the competition, then the official with the highest status must fulfill his duties.
- He is responsible to interact with all the personnel of the competition, with the referees and athletes, resolve any disputable issues, referring to the technical rules.
- He is responsible check and monitor compliance with the technical requirements for hosting WSF tournaments, the availability of all necessary documentation in the tournament.
- He is responsible for registering the new records and collecting information for the preparation of documents.

#### 6.2.3. Time Keeper:

- The time keeper is responsible for accurately recording the lapse between the announcement that the bar is ready and the lifter starting his attempt.
- He is also responsible for recording time allowances whenever required, e.g. after the attempt the lifter shall leave the platform within 30 seconds. The only exception could take place in case when the referee checks the equipment of the athlete after setting a new record.
- Once the timer is running for a lifter, it can only be stopped by the completion of a time allowance, by the start of the lift, or at the discretion of the Chief Referee. Consequently, it is very important to check the height of the racks before being called on the platform, because after the call, the timer starts. Any changes in rack height must be made within the time allotted to the athlete to complete the attempt.
- If the athlete does not fulfill these requirements during the allotted time, the timekeeper announces “Time” and the main referee gives a loud command "Rack" ("Rack"). In this case it is ‘No lift’ attempt. The chief referee makes the final decision after the "Time" command, by the reason that the athlete violated the time limit.

#### 6.2.4. Marshals/Expeditors:

- They are responsible for collecting the weight of required attempts from the lifters or their coaches and passing the information without delay to the speaker. The lifter is allowed one minute between completing his last attempt and informing the speaker, via the marshal, about the weight required for his next attempt.
- They are responsible for monitoring compliance with the rules of equipment in the warm-up zone. When identifying attempts to violate the requirements for equipment, for example: use both knee wraps and sleeves, or use a couple of knee wraps, etc., immediately point this out to the participant who violates the rules or his representative. If this is not possible, he reports it to the head judge or senior judge on the platform.

#### 6.2.5. Secretaries:

- They are responsible for the weighing and registering participants, competitions, recording all results and providing signatures of three judges on the records of the competitions, records of new records and other documents requiring signatures.
- They are responsible for prepare the award ceremony. Also they print the diplomas for winners of personal, absolute and team championships. As far as possible, the functions of the Speaker and the Secretary should be distributed among several official representatives. And, they are responsible for admission of the referees to the WSF competitions.

#### 6.2.6. Spotters/Loaders:

- They are responsible for the safety of the athlete, and provide him with immediate assistance in case if he cannot lift the weight during the attempt.
- Spotters/loaders are responsible for loading and unloading the bar, adjusting racks as required, cleaning the bar or platform.
- All the spotters should work together as a team, and should be neatly dressed in a clean uniform, in tournament T-shirts.
- All the spotters must inform the chief referee of any malfunctions in the equipment so that they can assess the problem and take the necessary measures to solve it.
- At no time shall there be less than two or more than six spotters/loaders on the platform.
- When the lifter prepares for his attempt, the spotters/loaders may assist him in removing the bar from the racks. They may also assist 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 that elapses between the commencement and completion signals. The only exception to this rule could happen if the lift is predictable “No lift” and likely to result in injury to the lifter. In this case the spotters/loaders may, either at the request of the Chief Referee or the lifter himself, step in and help the lifter to put the bar back to the racks. If the lifter himself has failed the attempt by the error of a spotter/loader and has no fault of his own, he shall be guaranteed with another attempt at the discretion of the Referees and Jury at the end of the round.
- Any additional spotter that an athlete may need must be selected before the competition and be instructed by the spotter 30 minutes before the start of the competition. Additional spotter should be available to all athletes in all types of lifts.

### **6.3. General rules**

- 6.3.1. During any competition taking place, only the lifter and his coach, members of the Jury, officiating referees and spotter/loaders will be allowed to be around the platform or on the stage. Performing the lift, only the lifter, spotter/loaders and the referees are permitted to be present on the platform. Coaches shall remain within the designated coaching area as defined by the Chief Referee in charge. The selection of a zone for coaches should be made in such a way that each coach can choose within this zone a convenient place to observe the performance of the lifting and provide instructions and signals to the athlete regarding technical details. At the same time, it must not interfere with the work of referees, juries, secretaries and spotters. Photo/video reporters also can be admitted on the platform by agreement.
- 6.3.2. The form of coaches' clothes at international competitions consists of a national team's sports suit, a national team's T-shirt or T-shirt, approved by WSF. In case of violation of the established form of clothing, the Chief Referee or the jury may prohibit the coach from being at the venue of the competition.

- 6.3.3. A lifter shall not wrap or adjust any part of his costume or equipment while on the platform. The only exception to this rule is that he may adjust his belt. Items such as inhalants, ammonia caps, etc. cannot be utilized on the platform.
- 6.3.4. In all WSF recognized competitions, the weight added to the belt must always be a multiple of 2.5kg. The progression must be at least 2.5kg between all attempts. The weight shall be always announced in kilograms.
- 6.3.5. In a record attempt, the weight must be at least 500 grams in excess of the current record.
- 6.3.6. During the course of the competition, a lifter may request a record attempt that is not a multiple of 2.5kg, but is to be attempted within his prescribed attempts.
- 6.3.7. New record attempts could be performed at any attempt.
- 6.3.8. The athlete can make permitted additions to the weight of the belt less than 2.5 kg for attempts to set a record, only speaking at competitions corresponding to the planned record for the division and the weight class. However, if the athlete performs in an open age category, but by age is a teenager, junior or veteran, he can set a record in only his age category.
- 6.3.9. In the case where one athlete has ordered a weight that is not a multiple of 2.5 kg for the next round, in order to establish a new record, and another one performing in the same age and weight category after that shows a higher result, then the weight declared by the first athlete must be Changed to the nearest weight, a multiple of 2.5 kg.
- 6.3.10. The Chief Referee will be solely responsible for decisions taken in the case of loading errors or incorrect announcements by the speaker. His decision will be given to the speaker who will make the appropriate announcement.
- 6.3.11. Examples of errors in setting the weight of the bar:
- If the belt is loaded to a lighter weight than originally requested and the attempt is successful, the lifter may accept the successful attempt or elect to take the attempt again at the originally requested weight. If the attempt is not successful, the lifter will be granted a further attempt at the originally requested weight. In both cases above, further attempts may only be taken at the end of the round in which the error occurred.
  - If the belt is loaded to a heavier weight than originally requested and the attempt is successful, the lifter will be granted the attempt. However, the weight may be reduced again if required for other lifters. If the attempt is not successful, the lifter will be granted a further attempt at the originally requested weight at the end of the round in which the error occurred.
  - If the speaker makes a mistake by announcing a weight lighter or heavier than that requested by the lifter, the Chief Referee will make the same decisions as for errors in loading.
  - If for any reason it is not possible for the lifter or his coach to remain in the zone close to the platform in order to follow the progress of the competition and the lifter misses his attempt because the speaker omitted to announce him at the appropriate weight, then the weight will be reduced as necessary and the lifter allowed to take his attempt, but only at the end of the round.
- 6.3.12. Three unsuccessful attempts in any lift will automatically eliminate the lifter from the competition.
- 6.3.13. On the completion of an attempt, a lifter shall leave the platform within 1 minute. Failure to comply with this rule may result in disqualification of the attempt at the discretion of the referees. The only exception to this rule is if a lifter's equipment is being inspected after a record attempt or in case of being injured. The lifter is required not to leave the platform for this inspection to certify the records attempt.

- 6.3.14. If, during warm up or competition, a lifter suffers injury or in any other way exhibits signs of a condition which may unduly or significantly jeopardize the competitor's health and well-being, the official doctor, Meet Director, or Chief Referee has the right to examination. If considered inadvisable for the lifter to continue, the lifter and / or their coach will be notified of the decision and the lifter will be removed from the meet.
- 6.3.15. If a lifter missing a minimum of 50% of their total fingers, including the thumb, in which that hand is responsible for gripping a bar, he is permitted to use the strap. However, this strap may be used only on that hand and attached at the wrist only.
- 6.3.16. Any physical abnormality, handicap, or incapacity of a lifter that may cause an inability to fully comply with the rules should be brought to the attention of, and explained to, the appointed Contest Officials. This should be in advance of the start of the lifter's Flight. The lifter, 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.
- 6.3.17. It is considered a verbal warning if any official contacts and corrects a lifter prior to, or after a lift, about a technical portion of their lift, a rules violation, or about any equipment violations they may have. If the lifter repeats the violation it is mandatory that their lift will be turned down by all three officials. If an official gives any lifter a verbal warning to a lifter, they must immediately inform all other officials on the platform that an official warning was given, and the reason for it, so the three officials can work together as a team at all times. A repeated violation by a lifter will result in a mandatory red light by all officials.
- 6.3.18. Blood or particles of skin on the bar or platform should be cleaned off with the solution of antiseptic or alcohol to avoid infection.
- 6.3.19. Any lifter or coach, who by reason of his misconduct before, during, or after the competition is likely to discredit the sport, shall be officially warned. If the misconduct continues, the Meet Director or Head Referee may disqualify the lifter and order the coach to leave the venue. This includes any lifter, coach, or the lifters support personal, from arguing, using foul language, or becoming abusive with any Referee or official about the outcome of any lifts, or the legality of equipment determinations.
- 6.3.20. The jury or referees may by their majority decision immediately disqualify an athlete or official if they believe that the violation of the rules is serious enough to entail an immediate disqualification rather than a warning.
- 6.3.21. In the case of a decision "2 to 1" referees, the athlete or his representative has the right to appeal to the jury within one minute (if there is a video recording of his attempt of appropriate quality, on which you can determine the error of the referees). Together with the video material, the sportsman or his representative will give the jury a deposit amount of 1,000 Russian rubles (about \$25). If the jury recognizes the mistake decision of the judges, the security deposit immediately returns to the athlete or his representative, and the athlete is given additional attempt at the end of the current round (if by the end this round, there are three performances of other athletes or less, as well as the appellant was the last to lift in the attempt, then before his an attempt he is given a 3 minutes break). Decision of the referees in a controversial attempt is not subject to change. In the case that the jury recognizes the referees' assessment is correct, or the video cannot unambiguously and unmistakably determine the correctness of the athlete's approach, an additional attempt is not given to the athlete, the deposit is not returned to the athlete and



transferred to the cashier for further expenditure at the discretion of the Chief Referee of the competition.

- 6.3.22. Within a 30 day period of all WSF sanctioned meets should clear and credible video of any record lift become available to the WSF that demonstrates a lift was misloaded it will be reviewed by the Executive Committee. If the bar was determined to be under loaded the correct weight will be credited. If this amount is still a new record, the record will be awarded at the new lower amount. If the bar was determined to be overloaded the correct weight will be credited and the new record will stand at the correct amount of weight as determined by the Committee.

## **VII. REFEREE, JURY AND TECHNICAL COMMITTEE**

### **7.1. Referees.**

- 7.1.1. There should be 3 referees -- the Chief Referee or Center Referee and two side referees. In divisions of multi-repetitive exercises, there must be one, senior judge on the platform.
- 7.1.2. The three referees may seat themselves in what they consider to be the best viewing positions around the platform for each of the three lifts. However, the Chief Referee must always bear in mind the need to be visible to the lifter performing the pull up or push up.
- 7.1.3. The referees are responsible for the qualitative and timely evaluation of attempts.
- 7.1.4. The referees supervise observance of rules of competitions and performance of lift.
- 7.1.5. The Chief Referee is responsible for giving the necessary signals for all three lifts. The side referees can give a signal to the Chief Referee if they see from their point a violation in taking the starting position by the athlete.
- 7.1.6. Before the contest, the three referees shall jointly ascertain that:
  - The platform and competition equipment comply in all respects with the rules. Bars and discs are checked for weight discrepancies and defective equipment discarded. A second belt should be ready and put aside in case of damage to the original belt.
  - The scales work correctly and are accurate.
  - The lifters weigh in within the limits of weight and time for their body weight category.
  - The lifters costumes and personal equipment comply with the rules in all respects.
- 7.1.7. During the contest the three referees must ascertain that:
  - The weight of the loaded bar agrees with the weight announced by the speaker. Referees may be issued with bar loading charts for this purpose or a computer generated bar loading software may also be used and projected on a screen that is in a clear and visible location for the three referees.
  - The lifter's personal equipment should comply with the rules while on the platform. If any referee has the reason to doubt a lifter's integrity in this respect he must inform of his suspicions the Chief Referee after completion of the lift. The president of the Jury may then examine the lifter's personal equipment. If the lifter is found to be wearing or using any illegal item the lifter shall be immediately disqualified from the competition. If wearing any illegal item passed in error by the examining referees, and the lift in which the discovery was made is successful, the lift will be rejected and then the lifter will be granted a new attempt (having removed the illegal item) at the end of the round. In cases of minor disruption in the equipment, the athlete's attempt may be counted. In this case, he is issued a warning so that this violation has been eliminated to the next approach. If such violation is found before the approach begins, the judge should ask to correct this violation. However, the time allotted to the athlete does not stop at the approach.
- 7.1.8. 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".
- 7.1.9. The lifter or his coach may request the reason for a "no lift" decision from any of the Referees immediately following their lifters attempt. Such request must be made before the next lifters attempt begins, so as not to interfere with the progression of the competition.

- 7.1.10. Referees shall abstain from commentary and not receive any document or verbal account concerning the progress of the competition.
- 7.1.11. A referee shall not attempt to influence the decisions of the other referees.
- 7.1.12. The referees decide on the legitimacy of record attempts, conduct re-checking of equipment of athletes who have made a record attempts, directly on the platform (not allowing the athlete to leave the competition zone, until the end of the check).
- 7.1.13. The Chief Referee may consult with the side referees, the jury or any other official as necessary in order to expedite the competition.
- 7.1.14. The Chief Referee may, at his own discretion, instruct to clean the bar or platform. If the athlete or coach ask to clean the bar or platform, this request should be directed to the Chief Referee, and not to the spotters on the platform.
- 7.1.15. The Change of the referee team in the process of competing one Round is forbidden. Except when the qualifications of the referees are not sufficient to register a record attempt. It is desirable that worked one referee team at the one and the same lift in different categories.
- 7.1.16. The selection of a referee to act as Chief Referee in one category does not preclude his selection as a side referee in another category.
- 7.1.17. Cell phones or other similar electronic devices are not allowed to be in use while judging.
- 7.1.18. Referees will be uniformly dressed as follows:

Men, winter: Black/Dark blue blazer and black/dark blue trousers with a white shirt.

Men, summer: Black/Dark blue trousers with a white shirt.

Women, winter: Dark blue blazer and black/dark blue skirt or trousers and a white blouse or shirt.

Women, summer: Black/Dark blue skirt or trousers and a white blouse or shirt.

The referees of tournaments WSF must have the appropriate distinctive signs, chevrons. Only black shoes, boots, or tennis shoes (no sandals or open toed shoes) are allowed. All apparel items will be neat and clean at all times.

7.1.19. Examples of faults that should be considered a minor oversight are:

- items that you might forget to take off after warming up or keep warm (for example,
- headgear, rubber elbow pads, etc.)
- the athlete did not put on a T-shirt before doing the exercise.

7.1.20. Examples that should be considered a purposeful attempt to cheat are:

- the usage of prohibited equipment.

7.1.21. The referees of WSF tournaments whose activities will be deemed unsatisfactory must be suspended from the performance of judicial functions until the moment of recertification.

The conditions for the removal of referees are:

- Improper adherence to the conditions of refereeing, specified in these rules.

- Biased judging, actions in favor of one or more athletes to the detriment of the rest of the tournament participants.
- The performance in WSF competitions of action or actions discrediting their reputation in relation to any states, nations, races, individuals or legal entities.

## **7.2. Qualifications of referees**

### 7.2.1. Referee of regional category.

- Must be a member of the sports federation “WSF”.
- Must be recommended by his regional representative and approved by the President of the sports federation “WSF”.
- He should be at least 18 years old and must have a minimum of 1 year experience as an athlete competing in double event and single lifts.
- Must pass a written test on the form adopted in the sports federation “WSF” and a practical test under the supervision of the chairman of the referees committee (or candidate for his position) at the time of full competition, sanctioned sports federation “WSF”.
- He must pass the test on the 90% and higher.
- Must pass a practical test within 30 days after delivery of a written test.
- Should officiate as a referee for at least at the 2 competitions, status is not below those which are assigned to the title of Master of Sport, throughout the year in sport federation “WSF” to maintain accreditation.
- He must follow all the updates and changes in the rules of the sport federation “WSF”.
- The referee, who is not running for 2 years, loses his title.

### 7.2.2. Referee of national category.

- Must be a member of the sports federation “WSF”.
- He must be recommended by a regional representative, a referee of a national or international category in the his region, and approved by the president of the sports federation “WSF”.
- Must be a referee of regional category for at least 2 years.
- During this period must be in referee for at least on 6 events, status is not below those which are assigned to the title of Master of Sport, with an average experience of the five flight on a single event.
- Must pass a written test on the form adopted in the sports federation “WSF” under the supervision of the chairman of the referees committee.
- He must pass the test on the 90% and higher.
- Should officiate as a referee for at least at the 2 competitions, status is not below those which are assigned to the title of Master of Sport, throughout the year in sport federation “WSF” to maintain accreditation.
- He must follow all the updates and changes in the rules of the sport federation “WSF”.
- The referee, who is not running for 2 years, loses its title.

### 7.2.3. Referee of international category.

- Must be a member of the sports federation “WSF”.
- Must be recommended by the chairman committee of the referees «WSF” and approved by the President of the sports federation “WSF” from among the judges of a national category.
- Must be a referee of national category for at least 3 years.
- During this period must be in referee for at least on 9 events, with an average experience of the five flight on a single event. During this period must be running a referee by at least on three national and three international tournaments.

- Must pass a written test on the form adopted in the sports federation “WSF” under the supervision of the chairman of the referees committee.
- He must pass the test on the 90% and higher.
- If not passed the test, the candidate must wait 6 months to retake the test.
- Should officiate as a referee for at least at the 2 competitions, status is not below those which are assigned to the title of Master of Sport, throughout the year in sport federation “WSF” to maintain accreditation.
- He must follow up all the updates and changes in the rules of the sport federation “WSF”.
- The referee, who is not running for 2 years, loses his title.

### **7.3. Jury**

- 7.3.1. A jury will be appointed to preside over each lifting session. The jury must be present during the international tournaments. In the absence of a jury at the tournament, these functions are performed by the head referee of the competition.
- 7.3.2. The jury shall consist of three referees, the highest ranking shall be designated president of the jury.
- 7.3.3. The function of the jury is to ensure that the technical rules are correctly applied.
- 7.3.4. During the competition the jury may, by a majority vote, replace any referee whose decisions in their opinion, prove him to be incompetent. The concerned referee must have received a warning prior to any action of dismissal. If a protest is made to the Jury against a referee, then the referee may be informed of the protest. The Jury should not put unnecessary stress on platform referees.
- 7.3.5. The impartiality of referees cannot be doubted, but a mistake in refereeing can be committed in good faith. In such a case, the referee shall be allowed to give his explanation for making the decision, which is the subject of his receiving a warning.
- 7.3.6. If a serious mistake occurs in the refereeing which is contrary to the technical rules, the jury may take appropriate action to correct the mistake. They may at their discretion, grant the lifter a further attempt.
- 7.3.7. The jury shall not at any time overrule or change the decisions of the referees.
- 7.3.8. The members of the jury will be positioned to ensure an unimpeded view of the competition.
- 7.3.9. Before each competition, the President of the jury must be sure that the members of the jury have a complete knowledge of their role and are warned about new rules which are described in the most current edition of the WSF rulebook.