

GENERAL RULES OF THE WNPf (2018-19)

Note: The WNPf committee has decided against having the slingshot division for the 2019 season, Thank you

Print out these rules and study for the Officials exam. Officials will be given a written test, then a practical exam. You must then judge at a few WNPf meets to be certified as a state official. Officials from other feds can be grandfathered into the WNPf with proof of status from another federation and by taking a WNPf rules exam.

All lifters must be current members of the WNPf. You must show a WNPf receipt at weigh-ins. If you do not have an up to date card you can buy one in advance or at weigh-ins.

All members must abide by the rules and regulations of the WNPf which includes testing at WNPf events and Out of meet testing. No member shall use performance/strength enhancing drugs. The WNPf/ has the right to test you at anytime and anywhere once you become an official member. If you do not want to be tested please do both parties a favor and do not join the WNPf.

Raw, Raw classic and single ply lifters cannot wear any spandex or any type of stretch material under their suits. WNPf officials will be checking suits and equipment throughout the meet. Only Cotton underwear can be worn under the suits.

1- POWERLIFTING EVENTS

The World Natural Powerlifting Federation recognizes the following lifts: Squat, Bench, Deadlift (either singularly or total) also Strict curl, Powercurl and Bench for Reps.

2- NEW AGE CATEGORIES & EVENTS

2-1. YOUTH 7-8, 9-10 & 11-12, TEEN 13-14, 15-16 & 17-19, JUNIOR 20-23, SUBMASTERS 35-39, MASTERS 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90+ the STRICT CURL will remain in 10 year increments for masters. OPEN FROM 13 YEARS UPWARD
(OPEN TO ALL LIFTERS) & POLICE/FIRE/MILITARY- ALL ONE COMBINED DIVISION

2-2. The Open division is for lifters that want to lift against all lifters and this division is open to anyone with no age restrictions.

2-3. All Youth, Teen and Junior lifters must be lifetime drug free otherwise you are not eligible to compete in these divisions. You must compete in the Open division.

All youth lifters must lift in either the raw or raw classic division

2-4. The Open division is for lifters that are a minimum (3) years clean with no age restrictions. All Submaster, Master and Police/Fire/Military division lifters must be minimum of (3) years clean up to lifetime drug free. **The Lifetime Open division is for lifters that are Lifetime Drug Free and you want to lift in the open class. Lifetime Lifters can lift in the Lifetime and Natural Open divisions!**

2-5. All Police/Fire/Military category lifters must be former or current employee at the time that you compete in a WNPF meet. You must show proof to compete in this category.

2-6. collegiate lifters must be current college athletes between the ages of 19-23 years of age. You must show proof to compete in this category.

2-7. All Youth, Teen, Junior and Lifetime Open lifters must be drug free for LIFE, No exceptions.

2-8. GUEST LIFTERS ARE NOT ALLOWED TO LIFT IN WNPF COMPETITIONS.

2-9. Meet directors cannot lift in their own WNPF sanctioned event.

2-10. Full Power- Squat, Bench & Deadlift combined for a total

2-11. Bench only- For lifters that want to compete in the bench press only event

2-12. Deadlift only- For lifters that want to compete in the deadlift only event

2-13. Squat only- For lifters that want to compete in the squat only event

2-14. STRICT or POWER CURL- For lifters that want to compete in the STRICT or POWER CURL events

2-15. Rep contest- For lifters that want to compete in the bench press for reps contest

2-16. Ironman- A combined bench & deadlift for a total. We usually offer the Ironman with bench press and deadlift only events and not with full power events. **Ironman records will be recognized beginning in 2017.**

3- BODYWEIGHT CATEGORIES, WILKS FORMULA AND TEAMS

The 60, 75, 90 & 105 lb. weight classes are for youth (boy) lifters only and not for any other age groups. The 60, 75, 90 lb. weight classes are for youth (girls) lifters only and not for other age groups.

Men- 114.5 123.5 132.25 148.75 165.25 181.75 198.25 220.25 242.5 275.5 308 & SHW

Women- 97 105.75 114.5 123.5 132.25 148.75 165.25 181.75 & SHW

3-1. GIRLS AND WOMEN classes start at 60 pounds- (youth only 7-12 years old)

3-2. The formula used in all WNPf meets to determine best or outstanding lifters is Wilks

3-3. Teams- Each team is allowed a maximum of twelve lifters and a minimum of three lifters. Your team can consist of lifters in the same division or different divisions. You cannot have more than three lifters in the same weight class on your team. All FINAL rosters must be handed in after the morning weigh-ins is completed otherwise your team will be considered for a forfeit. Lifters that win best lifter in a meet will receive an additional 5 points for their team.

3-4. Point scoring for teams- If a lifter finishes in the following places your team will receive the following points. Once the meet is complete all points will be added up and the team with the most points will win. 12- 1st place, 9- 2nd place, 8- 3rd place, 7- 4th place, 6- 5th place, 5- 6th place, 4- 7th place, 3- 8th place, 2- 9th place, 1- 10th place, BEST LIFTER- 5 pts.

4- ATTIRE- All attire must be clean and not torn or soiled in any way

EQUIPMENT RULES

BELTS- 4" belts maximum in the back for any division (RAW, RAW CLASSIC, EQUIPPED)

KNEE SLEEVES- Approved knee sleeves for the (RAW, RAW CLASSIC & EQUIPPED)- If you do not see your knee sleeves listed just email us at wnpf@aol.com

KNEE WRAPS- Approved knee wraps for the (RAW CLASSIC AND EQUIPPED)- 2.5 meters is the maximum length allowed in the WNPf. We do not allow 3 meter knee wraps.

SINGLETs- Approved Singlets only, some heavy duty material singlets will not be allowed in the (RAW AND RAW CLASSIC) divisions.

WRIST WRAPS- Approved wrist wraps are allowed in the (RAW, RAW CLASSIC & EQUIPPED) divisions.

BRIEFS, SPANDEX, COMPRESSION, LEOTARDS, TIGHTS, BIKER SHORTS, DRI-FIT OR POLYESTER are not allowed at all in the WNPf. Cotton undergarments are the only material allowed

ELBOW SLEEVES- are only allowed in the (RAW CLASSIC AND EQUIPPED) divisions and only in the SQUAT AND DEADLIFT EVENTS

BENCH SHIRTS AND SQUAT SUITS- Are allowed only in the (EQUIPPED) division only, the material must be single ply and made out of polyester only. We do not allow denim and/or canvas. All bench shirts must be completely closed in the back.....

FULL LENGTH SOCKS- must be worn in the deadlift event

SHOES- All shoes must have a sole on the bottom in all events. SNEAKERS, BOOTS, SLIPPERS, SQUAT SHOES are some of the shoes allowed. You cannot lift on the platform with just socks on for safety reasons.

GLOVES- Are not allowed at all

LIFTING STRAPS- Are not allowed at all

The WNPf committee has decided not to have the slingshot division.

~~SLING SHOTS- Are allowed in the masters 40-90 and above in the bench only category only. Sling shot equipment is being observed for approval at this time. This will not be allowed in any other event or division at this time, just for Masters bench press only events. We will keep temporary State records only! We are trying this lift out for 2019, there is no guarantee that we will keep it in 2020.~~

STRICT CURL

Wrist wraps optional, a full t-shirt (no sleeveless shirts are allowed) belt optional and a singlet is mandatory (No compression material of any kind is allowed)

POWER CURL

Wrist wraps optional, a full t-shirt (no sleeveless shirts are allowed) belt optional and a singlet is mandatory (No compression material of any kind is allowed)

REP CONTEST

Wrist wraps up to 36" optional, belt optional and a singlet is mandatory (No compression material of any kind is allowed)

4-1. All lifters in the squat and bench press events must have on a full t-shirt with sleeves, no tank tops or sleeveless shirts. Lifters that are participating in the deadlift have the option of wearing a t-shirt or no t-shirt at all. Your shirt cannot have pockets, collar, zippers or profanity. You are allowed to wear WNPF, WNPF sold attire or your gym shirt on the platform and only one shirt can be worn at a time.

4-2. Spandex pants and biker shorts are not allowed under your suits. Leotards, tights and aerobic type suits are not allowed.

4-3. Socks can be any color (All shoes, socks or slippers must have a sole on the bottom). Full length tights or stockings are not permitted.

4-4. Wraps- Knee wraps can be a maximum of 2.5 meters 98.4 inches. Wrist wraps can be a maximum of 36 inches. Ace bandages cannot be used as wraps.

4-5. Suits- All lifters must have on a one piece suit or wrestling singlet at all times with straps in the upward over the shoulder position. Shorts are not allowed on the platform.

4-6. Shirts- Compression type material is not allowed in the WNPF. Raw lifters must wear a cotton t-shirt in the squat and bench press events, no Dri-fit or compression material is allowed.

4-7. No other type of apparatus can be worn on the arms or legs except wraps or sleeves. **You can use your knee sleeves as protection for your shins in the deadlift only.**

4-8. A four inch MAXIMUM belt can be worn (Velcro belts are allowed- 4" MAXIMUM) and it must be worn on the outside of the suit. Buckles and quick release are allowed. Six inch wide belts are not allowed.

4-9. Raw lifters can wear the following

Raw/Unequipped lifting is defined as using only the following gear and accessories as previously described:

- (a) Non-supportive singlet,
- (b) T-shirt (cotton),
- (c) Underwear (cotton),
- (d) Socks,
- (e) Belt (maximum 4" in the back)
- (f) Shoes,
- (g) Wrist wraps (36" max),
- (h) NEOPRENE Knee sleeves w/o VELCRO tightening or bands

4-9A. Raw classic lifters can wear the following

Raw/Unequipped lifting is defined as using only the following gear and accessories as previously described:

- (a) Non-supportive singlet,
- (b) T-shirt (cotton),
- (c) Underwear (cotton),
- (d) Socks,
- (e) Belt (maximum 4" in the back)
- (f) Shoes
- (g) Wrist wraps (36" max),
- (h) Knee wraps (2.5 meters max) or knee sleeves
- (i) **Elbow sleeves for the squat and deadlift only**

4-10. (No Compression shirt, shorts or tights are allowed)

Single ply lifters can wear the following

4-11. Single ply lifters are not allowed to wear supportive briefs. One ply bench shirts are allowed and shirts can be made of poly only and it must be closed completely (top to bottom), a Velcro fastener is allowed to fasten the shirt. The neck cannot be reinforced with heavy wiring or stitching of any type. A four inch belt can be worn and it must be worn on the outside of the suit. Standard Knee and wrist wraps are allowed. Erector shirts can be worn in the Deadlift or squat events. One ply Deadlift suits are allowed. **No type of canvas or denim equipment is allowed and the sleeve of the bench shirt cannot cover the elbow. T-shirts cannot be worn under your bench shirts.**

4-12. **DOUBLE PLY is no longer offered in the WNPf**

4-13. Lifters will have their equipment check periodically by a WNPf official while the meet is going on. If a piece of equipment was not recorded or is illegal the lifter will receive a warning. If it happens a second time the lifter will be disqualified from the meet.

4-14. Shin guards are now legal in the deadlift but they must be inspected first and must be worn on the inside of your socks.

4-15. Deadlift straps and gloves are not permitted.

4-16. Sneakers or tennis shoes, work boots, deadlift slippers and wrestling shoes are permitted.

4-17. T-shirts with WNPf, WNPf sold attire is permitted along with your gym shirt, short sleeve only and no tank tops allowed. You cannot wear a shirt with a collar or thermal/sweatshirt. T-shirts only.

4-18. Legal head wear includes- Bandanas, elastic headbands, beanie, toboggan or a close fitted skull cap. No thick winter skull caps, baseball caps or loose fitting caps are allowed.

4-19. In the curl and rep events lifters will lift in a RAW fashion in addition lifters can wear wrist wraps and a belt. Knee sleeves and knee wraps are not allowed in the curl, a knee brace is allowed but it must be inspected at weigh-ins. Singlets must be worn in the STRICT CURL and rep contest. No other equipment is allowed in the rep contest except wrist wraps.

4-20. Knee braces/sleeves are allowed to be worn during the bench press for lifters with knee problems.

4-21. Athletic supporters or standard cotton nylon briefs of a single ply shall be worn under the lifting suit. Swim suit, boxer shorts, shorts or any other garment with legs or made of rubberized or similar stretch material or that act as a girdle is not allowed.

4-22. No items are allowed on your hands except chalk, we will allow tape or bandage on the hands if a callus is broken on your hand but it must be approved by the judges. Tape cannot be used as an aid in any of the lifts.

CONDUCT

5-1. We expect all lifters and coaches to act in a professional manner at all times. No profanity or abusive language is allowed. A warning will be issued first then a disqualification from the meet will follow. We will not tolerate lifters, coaches, spectators or anyone in the facility using profanity in the warm-up area or anywhere in the contest facility. Lifters can ask a WNPF official about a red light as long as it is done properly and it does not delay the contest in any way. Any coach, spectator or lifter that disrupts the contest in any way will be disqualified and removed from the contest immediately.

6-ATTEMPTS

6-1. Lifters have ten minutes before the meet start to change their first attempt or if you are in another flight other than flight one you have until the flight ahead of you reaches round three to change your attempt.

6-2. Full meet lifters cannot change their second or third attempt in the squat or bench press. Specialist can change their second and third attempts one time.

6-3. Lifters must submit their next attempt one minute after the completion of their previous lift. If you do not you will go back into the rotation with the same lift or forfeit your lift.

6-4. Lifters are allowed to change their third attempt in the deadlift until they are on deck if they are going for the win (attempts can INCREASE but not DECREASE). You can change one attempt in each lift as long as you are not the next lifter up, on deck, in the hole or the number four lifter. You must be five out or more.

6-5. Lifters must leave the platform no more than 30 seconds after their attempt.

6-6. Lifters must leave the platform by themselves. If a lifter cannot leave the platform by themselves the head official or meet director will evaluate the lifter to determine if he or she can continue in the meet. The head judge or meet director has the final decision not the lifter.

6-7. Each lifter will receive three attempts for each event and you must make one attempt to stay in the contest. If you miss all of your attempts you will be out of the contest. **If you are lifting in two events such as RAW and RAW classic you have two options. 1- You will receive 3 attempts in the squat and you can lift with knee sleeves for all three attempts and have your lifts count towards the RAW and RAW CLASSIC or 2- you can take a lift RAW (BARE KNEES OR SLEEVES) and a lift RAW CLASSIC with wraps. If you decide to lift in this manner you must notify the score table that you are doing so and you must make one successful attempt RAW and one RAW CLASSIC. Your last lift must be in the RAW CLASSIC fashion if you lift this way. We are not allowing any other formats in this manner such as equipped and raw.**

6-8. You must make a 5 pound or 2.5 kilo jump minimum for your next attempt if your previous attempt was successful. The WNPF does not use chip plates.

6-9. Lifters have 1 minute to remove the bar from the rack or start the pull from the floor after the bar is called (LOADED). If you do not move the bar within this time limit your lift will be called a NO LIFT due to time.

6-10. **Once a lifter informs the score table that they will forgo their next attempt, that lifter cannot come back later and take the next attempt.**

7-COACHES

7-1. Lifters are allowed one coach on the platform to handoff during the bench press. Attempts with 500 pounds or more we will allow a coach to stay on the platform to assist our spotters if the lifter cannot complete the lift. In some cases we will have four spotters on the platform to assist a lifter if the lifter cannot complete the lift. The only people that will be allowed around the platform at all times are WNPF officials and staff. Coaches are allowed to back spot ONLY in the squat if there is a shortage of spotters for that particular meet and this will be announced at each event. Coaches can also assist their lifters in the squat by determining depth for them but they must remain in the coach's box.

7-2. Coaches can help their lifters get ready in the warm up area to step on the platform or if there are designated chairs near the platform for lifters they can be helped in this area also. There are no other areas around the platform where you can get your lifters ready. We do not want lifters coming out of the audience and stepping on the platform.

7-3. Lifters that have no more than two coaches in the warm-up room or no more than one coach near the platform will be warned first and then a disqualified lift for a second offense.

8- RECORDS- All current WNPF records (1986-2015) will be turned into HISTORICAL RECORDS and cannot be broken. We will start NEW state, national and world records over in February, 2017.

8-1. WNPF State records can be set at any WNPF event.

8-2. WNPF National records can be set at any WNPF National or Major Championship.

8-3. WNPF World records can only be set at the WNPF World or International title event.

8-4. 4th attempt World record attempts will be allowed at the WNPF world championship only and you must make all three of your previous attempts and there is a current record in your class. 4th attempts are not allowed in any other meet but the WNPF World Championships.

8-5. Note- In order to break a record in a certain class or division you must lift in that class or division to break the record. If the class is not offered at the meet you will receive credit for the record if you qualify for the record.

8-6- Lifters can weigh-in the evening before an event and will be able to set records in their weight class.

9- OTHER RULES

9-1. Ammonia capsules are allowed but cannot be used on the platform. You must discard them before you step on the platform.

9-2. The use of oil, grease and lubricants on the body or equipment is forbidden. Baby powder and chalk are the only substances that can be used in competition.

9-3. An overhand or reverse grip must be taken during the bench press (34" maximum) your index finger can be one inch outside the rings. **False grips are allowed in the WNPf. If you choose to lift with a False grip you are fully responsible for any injuries that may occur with this lifting technique.**

9-4. Lifters that enter the teenage, junior or lifetime drug free divisions must be drug free for life. All other divisions will require you to be at least 36 months drug free minimum. Drug testing methods include polygraph and urinalysis IN AND OUT OF CONTEST. If you do not want to be tested please do not enter a WNPf meet. We have the right to test you in or out of contest once you step onto our platform or join the WNPf/ or if you are a former member of the WNPf/. **ANYONE THAT FAILS A WNPf/ DRUG TEST WILL BE SUSPENDED FOR 3 YEARS or LIFE depending on the situation.** Androstenedione and other related products are strictly prohibited by the WNPf. Please inform us of when was the last time you took this supplement before you enter a WNPf event. You are responsible for all supplements and chemicals that you put into your body. Please go to the WADA website at www.wada-ama.org to check all supplements, etc. Lifters that are called for testing and do not report will be on probation at first. We will then evaluate the situation and determine a suspension immediately after. **Lifters can also be banned from the WNPf for bad sportsmanship, failure to follow WNPf rules as a lifter or meet director and slandering the WNPf in any way.**

9-5. If you have an open wound on your body you must bandage the wound before your next attempt. We will not allow anyone on the platform with open wounds or cuts. Tape is allowed on the socks to keep your socks up to cover a wound in the deadlift. A first aid kit is always on site in the warm-up area.

9-6. Video and still cameras (including cell phones) will not be allowed around the rear platform area or the warm-up room. You can only video tape from the audience. Instant replay will not be used for any reason at all at WNPf events.

9-7. **Weigh-ins** will be conducted the night before the event for one hour and/or the day of the event for one hour. The morning weigh-in will take place at least two hours before the event will start. Early weigh ins will not always take place at WNPf events and it is not mandatory please check your contest applications for weigh in times. Lifters

are allowed to weigh-in with clothes on but we will not take any pounds off for your clothes or you can weigh-in in the nude or with socks/underwear and t-shirts only. If we do not have a female official to weigh in any females we will estimate and deduct weight from your official weigh-in so you don't have to take off any clothes but your footwear. The only people allowed in the weigh in room are the lifters (maximum 3 at a time), lifters coach and the weigh in officials. Once you officially weigh in and/or your attempts are recorded you will not be allowed to weigh in again. Lifters can only compete in one weight class, you cannot weigh in one weight class and then come back to weigh in another weight class. If you do not make weight you will be allowed to weigh in once again as long as it is within the weigh in time limits. If 2 lifters complete the same total at the end of the meet the lighter lifter will win. If 2 lifters weigh the same once the meet starts and both lifters complete the same total both lifters will be reweighed and the lighter lifter will win.

10- RULES OF PERFORMANCE

SQUAT

The lifter will un-rack the weight with knees locked. The lifter will then give a signal to the judge to let him know that he is ready. Once you relay your signal to the judge that you are ready you will then receive the SQUAT signal. You must squat below parallel where the top of the hip joint is below the top of the knee joint. You will then come out of the deep squat position with your knees locked in the finished position. The judge will then tell you to RACK the weight. The spotters will assist you in getting the weight back into the rack.

Cause for disqualifications include

- 1- Foot movement or any steps after you receive the signal to squat**
- 2- Knees not being locked before and after the lift**
- 3- The bar being placed any lower than the bottom of the trap muscle/rear deltoid attachment or rolling the bar down your back while performing the lift**
- 4- Not obeying the squat and rack commands**
- 5- The body going down once you start upward and no double bouncing**
- 6- Elbows touching the thighs while squatting**
- 7- Failure to squat below parallel. The top of your hip joint must be below the top of your knee joint.**

9- Any intentional dumping of the bar

11- Failure to make a bona fide attempt to put the weight back in the rack

12- Having your hands on the sleeves of the bar or touching the plates

11- BENCH PRESS

The lift will start once the lifter has his butt and shoulders on the bench and you must un-rack the weight. Once the weight is out of the rack you must lock your arms and then bring the bar down and touch your chest or (no lower than the sternum/ top abdominal area). Once the bar stop and is motionless you will receive the PRESS signal. You must then press the weight back up with your arms in the locked position. Once you are locked out the judge will tell you to RACK the weight.

Cause for disqualification include

1- Intentional contact between the uprights and the bar

2- Seesawing or uneven lockout

3- Excessive foot movement or any shifting of the feet

4- Lifting of the buttocks off the bench or having your butt off the bench throughout the entire motion of the lift. Your butt must remain in contact with the bench.

5- Not locking the arms after receiving a handoff or when you take the bar off the rack

6- The bar going downward after you make an attempt to press upward

7- Failure to lock out completely

8- Not waiting for the press and rack signal

9- Sinking the bar into your chest or heaving the bar after the press signal is given

10- Any contact with the bench supports with your feet

11-Bringing the bar down below the sternum area

Note- lifters are allowed to lift with their feet flat or on their toes but your feet must remain in the same position throughout the entire lift. Lifters are not allowed to lift on their heels.

Your head is allowed to be on or off the bench during your attempt.

Wrist wrap thumb loops can be on the thumbs or off the thumbs whichever you prefer.

12- DEADLIFT

The lifter will begin the lift once he starts the initial pull from the floor. The lift will be considered complete once the lifter is standing straight with (shoulders, hips and knees) straight and erect. The head referee will then give the DOWN signal. The lifter will then set the weight back down on the floor with both hands under control.

Cause for disqualification include

1- Any shifting or movement of the feet

2- Hitching

3- Any excessive knee bending or supporting of the bar on the thighs while pulling the bar up

4- Not being completely locked out with shoulders straight and knees locked. Your shoulders cannot be forward, they must be in a straight line with your body or pulled back

5- Any downward movement once you start upward with the bar

6- Double knee lock

7- Not waiting for the down signal

8- Dropping the weight, driving the weight down or not controlling the weight after the down signal

9- Not having on knee high socks

13- STRICT CURL-

An E-Z curl bar will be used for all competitions. All lifters will be placed on a wall at the venue. You will remove the bar from the rack or the spotters will place the bar in your hands in an underhand grip fashion. Your feet must be straight, not staggered in anyway. Your arms must be locked at the start of the lift and your knees must stay locked throughout the lift. Once you are set (motionless) you will receive the CURL command. You will then curl the weight upward without moving your body (butt and back) off the wall. Bouncing the bar off your thighs or swinging and heaving the bar upwards is cause for disqualification. The bar must not go down once you start the lift and the bar must come up evenly on both sides. Lifters must have on a singlet!

DQ's

- 1- Failure to wait for the CURL or DOWN signal.**
- 2- Any downward motion of the bar and any unevenness of the bar.**
- 3- Any swinging or heaving of the bar.**
- 4- Any shifting of the feet from its original position or lifting your heels off the floor.**
- 5- Failure to maintain control at the finish position.**
- 6- Bouncing the bar off the thighs to start the lift.**
- 7- Your buttocks or back coming off the wall**
- 8- Unlocking your knees**

13A- POWERCURL

An E-Z curl bar will be used for all competitions. You will remove the bar from the rack or the spotters will place the bar in your hands in an underhand grip fashion. Your feet must be straight, not staggered in anyway. Your arms must be locked at the start of the lift and your knees must stay locked throughout the lift. Once you are set (motionless) you will receive the CURL command. You will then curl the weight upward without moving your body FORWARD! Bouncing the bar off your thighs or swinging and heaving the bar upwards is cause for disqualification. The bar must not go down once you start the lift and the bar must come up evenly on both sides. Lifters must have on a singlet!

DQ's

- 1- Failure to wait for the CURL or DOWN signal.
- 2- Any downward motion of the bar and any unevenness of the bar.
- 3- Any swinging or heaving of the bar.
- 4- Any shifting of the feet from its original position or lifting your heels off the floor.
- 5- Failure to maintain control at the finish position.
- 6- Bouncing the bar off the thighs to start the lift.
- 7- Unlocking your knees
- 8- Your body coming forward pass your toes to gain momentum to lift the weight

14- BENCH FOR REPS- Two judges will be used

Rules- The lifter will take the bar out of the rack and the head official will give the command to START. Once you receive the signal you will bring the bar down to your chest to touch then push back up with your arms locked out to completion, you must stop at the top and not bring the bar down until the judge counts your lift, we will not allow rapid fire pressing. The referee will count each repetition if he repeats the same number this means that you broke a rule and he will stop you. After he counts your rep you can then bring the bar down for your next repetition. If you fail to wait for his count before you start your next rep your next attempt will not count. You can rest at the top for two seconds but you cannot rest at the bottom at all. There will be a 2 minute time limit. In the event of a tie the heavier lifter will win. A second judge will sit on the side to watch for any rising of the butt off the bench, if your butt comes up a rep will be deducted.

Men- Will lift their bodyweight for as many reps as possible and men over 315 pounds will rep no more than 315 pounds. Women & Youth- Will lift half of their bodyweight for as many reps as possible

DQ's

- 1- Not waiting for the start signal.
- 2- Not waiting for the official to count your attempt before you begin your next attempt.
- 3- Not locking out your arms completely or stopping at the top.
- 4- Bouncing the bar off your chest.
- 5- Resting more than two seconds at the top position.
- 6- Resting at the bottom

15- BANNED SUBSTANCES & DRUG CONTROL

Here is a list of some substances that are banned in the WNPF

15-1. Anabolic Agents:

Including, but not limited to Bolasterone, Boldenone, Clenbutrol, Clostebol, Danazol, DHCMT (Dehydrochloromethyltestosterone), Dihydrotestosterone, Dromostanolone, Ethylestrenol/Norethandrolone, Fluoxymesterone, Formebolone, Furazabol, Mesterolone, Methandienone (Dianabol, Methandrostenolone), Methandriol, Methenolone, Methyltestosterone, Mibolerone, Nandrolone/Norandrostendione/Norandrostendiol, Oxandrolone, Oxymesterone, Oxymetholone, Stanozolol, Testosterone/Androstendione/Androstendiol (T/E Ratio > 6), Trenbolone and Metabolites of the above.

The Anabolic Steroid Control Act of 2004 went into effect January 20, 2005. This bill added a number of “prohormone” and “prosteroids” to the already existing list of illegal anabolic steroids. All of these now illegal drugs (1-AD, 1-Testosterone, “M1T”, etc) are banned as of this January 20, 2005. For a complete list of the banned substances included in this new law, please see the following link: [Anabolic Steroid Control Act of 2004](#)

Note: Some “prohormones” and related compounds such as Androstenedione, DHEA, and 7-ketoDHEA, are not currently scheduled on this new law. If at any point in time these substances get added to the list of illegal anabolic steroids, they would be considered banned substances at that time.

15-2. Growth Hormones:

Including, but not limited to Pharmaceutical HGH, HCG, and any other related compound. Oral, spray, or sublingual GH supplements.

15-3. Designer Steroids:

Including, but not limited to, Desoxymethyltestosterone (DMT) - (found in supplements such as Pheraplex, Ergomax, Halodrol, and Methyl-Plex XT), Methasterone - (found in supplements such as Superdrol, Methyl Masterdrol, and Methyl-Drol XT), and Prostanazol - (found in supplements such as Orastan-E).

15-4. Prescription Antiestrogens:

Including, but not limited to Nolvadex, Clomid, Arimidex, Letrozole, etc.

Muscle Implants and Synthol

15-5. Masking Agents:

Chemicals or drugs used for the purpose of deceiving or passing the polygraph test and anything used to attempt altering urine test results including, but not limited to Probenecid, Epitestosterone (> 200 ng/mL).

15-6. Diuretics:

Physician prescribed diuretics within 3 weeks prior to competition including, but not limited to Acetazolamide, Bendroflumethiazide, Bumetanide, Canrenone/Spironolactone, Chlorothiazide, Chlorthalidone, Clopamide, Cyclothiazide, Dichlorphenamide, Ethacrynic Acid, Furosemide, Hydrochlorothiazide, Hydroflumethiazide, Methclothiazide, Metolazone, Polythiazide, Quinethazone, Trichlormethiazide.

15-7. Any of the above substance founds in alternative forms available through 'experimental' or "for research purposes only" labeling.

15-8. Lifters will be tested for most or all of these drugs on the banned substance list. Lifters are responsible for any and all drugs that are put into their bodies. **For a list of banned substances please call the IOC at 800 233-0393.**

15-9- the WNPF conducts random testing at most meets and/or out of meet testing. Lifters will be chosen before the meet, during the meet and after the meet for testing. Methods of testing include urinalysis and/or Lie detection.

15-10. Testing methods include urinalysis and/or Lie detection. We will test lifters in and out of contest and by random choice of the meet directors and/or WNPF officials. If a lifter refuses a test a lifetime ban will be enforced. If a lifter fails a drug test exam a three year ban will be enforced in the WNPF. All tests will be considered final results. Some lifters will be tested by out of meet METHODS with no notice drug test. If a lifter does not attend an out of meet drug exam they could be banned for life. If a lifter is called for testing at a meet and do not attend they will be suspended for life.

15-11- Out of meet testing (OMT) will be performed throughout the lifting season. Lifters will be notified 24-48 hours before an OMT test and lifters MUST report. If a lifter refuses to report, that lifter will be suspended from the WNPF for LIFE! Sample A of testing will be paid for by the WNPF. If sample B must be tested, the lifter must pay for sample B.

15-12- Drugs subject to certain restrictions include (1) Alcohol (2) Marijuana (3) Local anesthetics and corticosteroids (4) Excessive amounts of caffeine or caffeine tablets

16- APPROVED EQUIPMENT

A FULL EQUIPMENT LIST IS LISTED ON THE WNPf WEBSITE AT WWW.WNPfPL.COM

All equipment from TNT Ironwear @ www.tntironwear.com is approved by the WNPf

If you are not sure if your equipment is approved please email us at wnpf@aol.com. Please be specific on what type of equipment you are inquiring about, we will need the company manufacturer name and name of equipment or part number on the site.

We ask to do it this way because there are so many different types of equipment being sold. Thank you, WNPf

Equipment check will take place at weigh-ins.....

1-Knee sleeves (single ply and made of Neoprene material only- max 7mm and 30cm)

2-Knee wraps- 2 meter or 2.5 meter only. (3 meters are not allowed)

3-Wrist wraps- 12" to 36" maximum

4-Full length Deadlift socks

5-4" belts (6" belts are not allowed)

6-One ply lycra or polyester singlets only

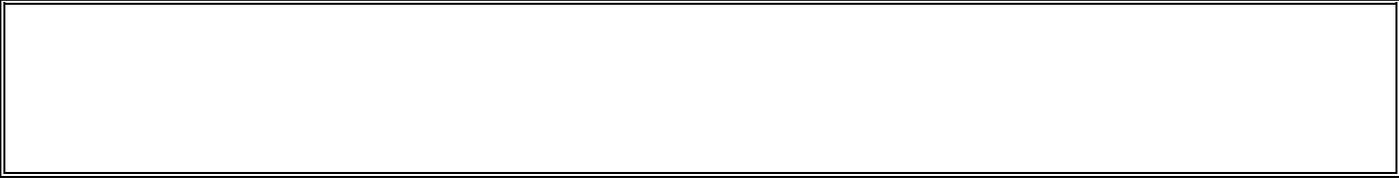
7-Single ply bench shirts that are completely closed. (Poly only)

8-Single ply squat suits made of poly only (SINGLE PLY DIVISION)

9- Erector shirts for the squat and/or Deadlift

10- Deadlift suits (SINGLE PLY ONLY)

11- Briefs are not allowed in the WNPf



17- CONTEST EQUIPMENT

The WNPF platform must be no less than 8 x 8 in size. Plywood can be used but it must have a non slip coat on top. Rubber mats are allowed also.

Ivanko, Rogue and York barbell are the plates normally used in WNPF events. Other plates are allowed also but they must be approved in advance. Plates can be in pounds or kilos. All plates not calibrated must be pre weighed on a calibrated scale and must be within 1% of its face value to be used on the platform, NO EXCEPTIONS!

Okie Deadlift, Quest Bars, Ivanko Bars and 55 lb. squat bars are the bars normally used in WNPF events. All bars for the squat must have a center knurling. Other bars are allowed but they must be approved in advance.

A monolift or adjustable squat/combo racks can be used on the platform in WNPF event. It is not required to have a monolift in the warm up room; adjustable racks can be used in the warm up area.

Forza and benches similar to Forza are normally used in WNPF events as well as Combo rack benches. All platform benches must have spotter platforms on the rear of the bench. In the bench press event you must have the head of the bench must be facing the audience and the lower part of the bench must face away from the audience.

Spring, locking or spin lock collars can be used in all events.

Wilks formula in pounds, find your bodyweight and multiply it by your lift or total to determine your wilks score.

18- QUALIFYING FOR WNPf EVENTS

QUALIFICATIONS FOR ALL WNPf CHAMPIONSHIP EVENTS

Qualifying for WNPf/ Nationals and Worlds

Any lifter can lift in a WNPf local or state event. First time lifters or Novice lifters are encouraged to lift in these types of events to get some experience.

The road to the WNPf Nationals

Lifters must qualify at a WNPf state or Regional event no more than one year from the next year's National event. Lifters must finish in the top three at the state or regional event to lift in a National event. Lifters using a total outside of the WNPf must reach the minimum qualifying total or requirement chart below. Also if you are trying to lift in a lower weight class that the previous year's weight class you must re-qualify.

Exemptions for lifting in the WNPf National events

- 1- You are the 2018 national champion.

If the WNPf is not in your area (within 200 miles) you can then use a total from another sanction to lift in the WNPf Nationals only NOT THE WNPf WORLDS

The road to the WNPf World Championships

- 1- You must either hit the minimum total or lift in your division according to the classification chart or you must lift in a minimum of two WNPf events in 2019. Please check the classification chart to see how you can qualify.
- 2- Team USA- We will select lifters from all the WNPf National events and major events with the highest totals or lifts to represent Team USA (WNPf) to go against the lifters from the other countries. We will not accept totals or lifts from a state or regional event.

SOME RULES FOR COMPETING IN THE WNPf WORLDS

- 1- Lifters cannot go down a weight class only up one weight class at the World Championships for example if you qualified at 181 you must lift in the 181 or 198 class. If you qualified in two weight classes you will have a choice of competing in either one but please keep in mind that you must lift in the same weight class that you

write on your WORLD application, no exceptions. If you turn a year older by the time the world championship come around such as from subs 35-39 to 40-44. The master's class will be your new division for worlds you cannot lift in the submasters division.

2- If you qualified RAW you must lift RAW and the same applies for an equipped lifters. If you want to lift in a different fashion you must re-qualify in that division. Lifters that lift in the full power meet or Ironman divisions and qualify can lift in the single lifts such as bench only, deadlift only, etc.

3-EVERY lifter must qualify EVERY YEAR to lift in the WNPf Worlds. You will not be allowed to compete if you do not qualify for worlds every year.

Exemptions

1- We will allow some lifters to lift in the WNPf Worlds if you live in a certain part of the United States where the WNPf does not have sanctioned events or any lifter that resides outside the United States. Before you are invited you must submit a total or lift from another sanction. If you live more than four hours (300 miles) away from the nearest WNPf National meet you can use your total or lift to lift in the WNPf World Championships.

2-For lifters outside of the USA & Canada- Proof of drug free status and a recent total from another drug free organization or if you are a former WNPf World Championship lifter.

3-The WNPf committee may pick up to 10 lifters (Number 1 ranking lifters in the previous year in certain classes or former WNPf World Champions) for an invite to the Worlds depending on your past achievements in the WNPf within the previous year. Keep in mind this is not set in stone. All lifters need to qualify.

National Championships

1-Lifetime nationals, 2- Raw Nationals, 3- Drug Free Nationals, 4- Can-Am Nationals, 5- Bench Press and Deadlift Nationals, 6- Teen, Junior, Submaster and Master Nationals, 7-Police/Fire/Military Nationals, 8-Elite Nationals, 9- Women's Nationals

Please note lifters that lift in the NOVICE division cannot qualify for Worlds. You must lift in a division other than NOVICE to qualify.

Major Championships

1- Pan-Am Nationals, 2- North Americans, 3- USA Championships, 4- American Cup Championships, 5- World Record Breakers Championships, 6- Powerfest2K16, 7- All American Championships, 8- U.S. Open Championships, 9- World Series of Powerlifting

The totals below can be used to lift in a WNPf National event if you plan to use a total from another sanction. RAW Lifters please subtract 5% from the totals below.

<u>WOMEN</u>	<u>97</u>	<u>105</u>	<u>114</u>	<u>123</u>	<u>132</u>	<u>148</u>	<u>165</u>	<u>181</u>	<u>SHW</u>		
LIFETIME	450	500	550	600	650	700	750	800	850		
OPEN	450	500	550	600	650	700	750	800	850		
TEEN 13-16	300	350	400	450	500	550	600	650	700		
TEEN 17-19	325	375	425	475	525	575	625	675	725		
JUNIOR 20-23	350	400	450	500	550	600	650	700	750		
SUBS	350	400	450	500	550	600	650	700	750		
MASTERS	A	TOTAL	IN	A	SANCTIONED	MEET					
YOUTH	A	TOTAL	IN	A	SANCTIONED	MEET					
POLICE/FIRE/MILITARY	350	400	450	500	550	600	650	700	750		
<u>MEN</u>	<u>114</u>	<u>123</u>	<u>132</u>	<u>148</u>	<u>165</u>	<u>181</u>	<u>198</u>	<u>220</u>	<u>242</u>	<u>275</u>	<u>SHW</u>
LIFETIME	700	800	900	1050	1210	1290	1370	1410	1450	1480	1530
OPEN	850	950	1050	1200	1360	1440	1520	1560	1600	1630	1680
TEEN 13-16	550	650	775	915	960	1035	1140	1160	1180	1190	1210
TEEN 17-19	600	700	825	965	1010	1085	1190	1210	1230	1240	1260
JUNIOR 20-23	675	775	875	1025	1185	1165	1255	1285	1325	1355	1405
SUBS	675	775	875	1025	1185	1165	1255	1285	1325	1355	1405
MASTERS	A	TOTAL	IN	A	SANCTIONED	MEET					
YOUTH	A	TOTAL	IN	A	SANCTIONED	MEET					
POLICE/FIRE/MILITARY	675	775	875	1025	1185	1165	1255	1285	1325	1355	1405

Squat, Bench Press and Deadlift specialist do not have to qualify for nationals or majors but you must qualify for worlds

19- WNPf/ CLASSIFICATION STATUS CHARTS- what is your WNPf STATUS? ELITE? CLASS 1? Find out below.....

WNPf CLASSIFICATION CHART

NOTE- If your highest lift/total is at a Class II or below you can enter the Novice Class II division as well as another division in any WNPf contest. Not all WNPf events offer a Novice class.

There are two ways to qualify for the WNPf WORLDS for most divisions. All lifters must qualify for worlds every year.

Please check your qualification for your division below, Thank you

YOUTH LIFTERS- must place in the top 2 in at least two WNPf events starting from January 1, 2019 to the day before the 2019 world championships.

TEENAGE LIFTERS- must have a Class 4 total/ single lift on the WNPf classification chart or place in the top 2 in at least two WNPf events starting from January 1, 2019 to the day before the 2019 world championships.

JUNIOR LIFTERS- must have a Class 2 total/single lift on the WNPf classification chart or place in the top 2 in at least two WNPf events starting from January 1, 2019 to the day before the 2019 world championships.

OPEN LIFTERS must have a Class one total on the WNPf classification chart or place in the top 3 in at least two WNPf events starting from January 1, 2019 to the day before the 2019 world championships.

SUBMASTER LIFTERS- must have a Class 2 total/single lift on the WNPf classification chart or place in the top 2 in at least two WNPf events starting from January 1, 2019 to the day before the 2019 world championships.

MASTERS 40- must have a Class 3 total/single lift on the WNPf classification chart or place in the top 2 in at least two WNPf events starting from January 1, 2019 to the day before the 2019 world championships.

MASTERS 50- must have a Class 4 total/single lift on the WNPf classification chart or place in the top 2 in at least two WNPf events starting from January 1, 2019 to the day before the 2019 world championships.

MASTERS 60- must place in the top 2 in at least two WNPf events starting from January 1, 2019 to the day before the 2019 world championships.

MASTERS 70- must place in the top 2 in at least two WNPf events starting from January 1, 2019 to the day before the 2019 world championships.

POLICE/FIRE/MILITARY- must have a Class 3 total/single lift on the WNPf classification chart or place in the top 2 in at least two WNPf events in 2018.

Raw lifters

Women	97	105	114	123	132	148	165	181	SHW			
INT. ELITE	500	550	600	650	700	750	800	850	900			
ELITE	450	500	550	600	650	700	750	800	850			
MASTER	400	450	500	550	600	650	700	750	800			
CLASS 1	350	400	450	500	550	600	650	700	750			
CLASS 2	300	350	400	450	500	550	600	650	700			
CLASS 3	250	300	350	400	450	500	550	600	650			
CLASS 4	200	250	300	350	400	450	500	550	600			
Men	114	123	132	148	165	181	198	220	242	275	300	SHW
INT. ELITE	900	1000	1100	1200	1300	1400	1450	1500	1550	1600	1625	1650
ELITE	850	950	1050	1150	1250	1350	1400	1450	1500	1550	1575	1600
MASTER	800	900	950	1050	1150	1250	1300	1350	1400	1450	1475	1500
CLASS 1	700	800	850	950	1050	1150	1200	1250	1300	1350	1375	1400
CLASS 2	600	700	750	850	950	1050	1100	1150	1200	1250	1275	1300
CLASS 3	500	600	700	750	850	950	1050	1100	1150	1200	1250	1275
CLASS 4	400	500	600	700	750	850	950	1050	1100	1150	1200	1250

Men	114	123	132	148	165	181	198	220	242	275	300	SHW
INT. ELITE	1000	1100	1200	1300	1400	1500	1600	1650	1700	1750	1775	1800
ELITE	900	1000	1100	1200	1300	1400	1500	1550	1600	1650	1675	1700
MASTER	800	900	1000	1100	1200	1300	1400	1450	1500	1550	1575	1600
CLASS 1	700	800	900	1000	1100	1200	1300	1350	1400	1450	1475	1500
CLASS 2	600	700	800	900	1000	1100	1200	1250	1300	1350	1375	1400
CLASS 3	500	600	700	800	900	1000	1100	1200	1250	1300	1350	1375
CLASS 4	400	500	600	700	800	900	1000	1100	1200	1250	1300	1350

SPECIALIST

SINGLE PLY

RAW

SQUAT ONLY	97	105	114	123	132	148	165	181	SHW				97	105	114	123	132	148	165	181	SHW			
WOMEN																								
INT. ELITE	220	245	270	295	320	345	370	395	420				160	185	210	235	260	285	310	335	360			
ELITE	190	215	240	265	290	315	340	365	390				140	165	190	215	240	265	290	315	340			
MASTER	160	185	210	235	260	285	310	335	360				120	145	170	195	220	245	270	295	320			
CLASS 1	140	165	190	215	240	265	290	315	340				100	125	150	175	200	225	250	275	300			
CLASS 2	120	145	170	195	220	245	270	295	320				80	105	130	155	180	205	230	255	280			
CLASS 3	100	120	145	170	195	220	245	270	295				60	80	105	130	155	180	205	230	255			
CLASS 4	80	100	120	145	170	195	220	245	270				50	60	80	105	130	155	180	205	230			
SINGLE PLY													RAW											
SQUAT	114	123	132	148	165	181	198	220	242	275	308	SHW	114	123	132	148	165	181	198	220	242	275	308	SHW
MEN																								
INT. ELITE	350	400	450	500	550	575	600	625	675	725	750	775	250	300	350	400	450	475	500	525	575	625	650	675
ELITE	300	350	400	450	500	525	550	575	625	675	700	725	200	250	300	350	400	425	450	475	525	575	600	625
MASTER	250	300	350	400	450	475	500	525	575	625	650	675	150	200	250	300	350	375	400	425	475	525	550	575
CLASS 1	200	250	300	350	400	425	450	475	525	575	600	625	125	175	225	275	325	350	375	400	425	475	525	550
CLASS 2	150	200	250	300	350	375	400	425	475	525	550	575	100	150	195	250	300	325	350	375	400	450	475	500
CLASS 3	100	150	200	250	300	350	375	400	425	475	525	550	75	100	150	195	250	300	325	350	375	400	450	475
CLASS 4	75	100	150	200	250	300	350	375	400	425	475	525	50	75	100	150	195	250	300	325	350	375	400	450
SINGLE PLY													RAW											
BENCH ONLY	97	105	114	123	132	148	165	181	SHW				97	105	114	123	132	148	165	181	SHW			
WOMEN																								
INT. ELITE	115	125	135	145	155	175	190	205	215				85	95	105	115	125	145	160	175	185			

ELITE	85	95	105	115	125	145	160	175	185				55	65	75	85	95	115	130	145	155			
MASTER	55	65	75	85	95	115	130	145	155				45	55	65	75	85	105	120	135	145			
CLASS 1	45	55	65	75	85	105	120	135	145				35	45	55	65	75	95	110	125	135			
CLASS 2	35	45	55	65	75	95	110	125	135				25	35	45	55	65	75	95	110	125			
CLASS 3	25	35	45	55	65	75	95	110	125				15	25	35	45	55	65	75	95	110			
CLASS 4	20	25	35	45	55	65	75	95	110				10	20	25	35	45	55	65	75	95			
SINGLE PLY													RAW											
BENCH	114	123	132	148	165	181	198	220	242	275	308	SHW	114	123	132	148	165	181	198	220	242	275	308	SHW
MEN																								
INT. ELITE	210	250	290	330	370	410	450	490	505	530	540	550	160	200	240	280	320	360	400	440	465	490	500	510
ELITE	160	200	240	280	320	360	400	440	465	490	500	510	120	160	200	240	280	320	360	400	425	450	460	470
MASTER	120	160	200	240	280	320	360	400	425	450	460	470	100	140	180	220	260	300	340	380	405	430	440	450
CLASS 1	100	140	180	220	260	300	340	380	405	430	440	450	80	120	160	200	240	280	320	360	385	410	420	430
CLASS 2	80	120	160	200	240	280	320	360	385	410	420	430	60	100	140	180	220	260	300	340	365	390	400	410
CLASS 3	60	100	120	160	200	240	280	320	360	385	410	420	45	60	100	140	180	220	260	300	340	365	390	400
CLASS 4	40	80	100	120	160	200	240	280	320	360	385	410	35	50	60	100	140	180	220	260	300	340	365	390
EQUIPPED													RAW											
DEADLIFT ONLY	97	105	114	123	132	148	165	181	SHW				97	105	114	123	132	148	165	181	SHW			
WOMEN																								
INT. ELITE	200	230	260	290	320	350	370	385	400				180	210	240	270	300	330	350	365	390			
ELITE	180	210	240	270	300	330	350	365	390				160	190	220	250	280	310	330	345	370			
MASTER	160	190	220	250	280	310	330	345	370				140	170	200	230	260	290	310	325	350			
CLASS 1	140	170	200	230	260	290	310	325	350				120	150	180	210	240	270	290	305	330			
CLASS 2	120	150	180	210	240	270	290	305	330				100	130	160	190	220	250	270	285	310			
CLASS 3	100	130	150	180	210	240	270	290	305				80	100	130	160	190	220	250	270	285			
CLASS 4	80	110	120	150	180	210	240	270	290				60	80	100	130	160	190	220	250	270			
EQUIPPED													RAW											
DEADLIFT	114	123	132	148	165	181	198	220	242	275	308	SHW	114	123	132	148	165	181	198	220	242	275	308	SHW
MEN																								
INT. ELITE	350	400	450	510	570	600	630	640	680	700	705	710	310	360	410	480	530	560	590	600	640	660	665	670
ELITE	310	360	410	480	530	560	590	600	640	660	665	670	280	320	370	440	490	520	550	560	600	620	625	630
MASTER	280	320	370	440	490	520	550	560	600	620	625	630	260	300	350	420	470	500	530	540	580	600	605	610
CLASS 1	260	300	350	420	470	500	530	540	580	600	605	610	240	280	330	400	450	480	510	520	560	580	585	590
CLASS 2	240	280	330	400	450	480	510	520	560	580	585	590	220	260	310	380	430	460	490	500	540	560	565	570
CLASS 3	220	240	280	330	400	450	480	510	520	560	580	585	200	220	260	310	380	430	460	490	500	540	560	565
CLASS 4	200	220	240	280	330	400	450	480	510	520	560	580	180	200	220	260	310	380	430	460	490	500	540	560

