



2026

TECHNICAL
**RULEBOOK -
CHANGE
EXPLANATIONS**

This document accompanies the current version of the IPF Technical Rulebook and provides explanations for all amendments, deletions, and updates to Technical Rules



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1. AGE CATEGORIES - PAGE 5 OF IPF TECHNICAL RULEBOOK

MEN & WOMEN

OPEN	from 1 January in the calendar year, he/she reaches 19 years and upwards
SUB-JUNIORS	from the day he/she reaches 14 years and throughout the full calendar year in which he reaches 18 years.
JUNIORS	from 1 January in the calendar year, he/she reaches 19 years and throughout the full calendar year in which he reaches 23 years.
MASTER 1	from 1 January in the calendar year, he/she reaches 40 years and throughout the full calendar year in which he reaches 49 years.
MASTER 2	from 1 January in the calendar year, he/she reaches 50 years and throughout the full calendar year in which he reaches 59 years.
MASTER 3	from 1 January in the calendar year, he/she reaches 60 years and throughout the full calendar year in which he reaches 69 years.
MASTER 4	from 1 January in the calendar year, he/she reaches 70 years and upwards.

Competitive lifting for lifters below the age of 14 is only allowed at National competitions.

4) Placing for all age groupings shall be determined by the totals of the lifters in accordance with the standard rules of lifting. Also, Men 70 years (i.e. Master IV) of age, to receive medals for placing 1st, 2nd and 3rd in their weight classes, and Women both 60 years (i.e. Master III) and 70 years (i.e. Master IV) of age, shall receive medals for placing 1st, 2nd and 3rd in their weight classes in each age category. Age categories and their further subdivision may be adapted for use nationally at the discretion of the National federation.

Change “4)” to:

4) Placing for all age groupings shall be determined by the totals of the lifters in accordance with the standard rules of lifting. **Medals for 1st, 2nd, and 3rd place shall be awarded in each weight class across all age divisions. Also, Men 70 years (i.e. Master IV) of age, to receive medals for placing 1st, 2nd and 3rd in their weight classes, and Women both 60 years (i.e. Master III) and 70 years (i.e. Master IV) of age, shall receive medals for placing 1st, 2nd and 3rd in their weight classes in each age category. Age categories and their further subdivision may be adapted for use nationally at the discretion of the National federation.**

Reason:

The amendment removes redundant language and consolidates the provision to improve readability, consistency, and rulebook coherence, without modifying the underlying technical requirement.

2. BODYWEIGHT CATEGORIES - PAGE 6 SECTION 7 OF IPF TECHNICAL RULEBOOK

7) Each Nation must submit a team roster giving the name of each lifter and his/her body weight category. Best totals from National or International Championships during the previous 12 months shall be stated. This may include his/her result achieved at last year's International Championships in the same bodyweight category. The date and title of the competition in which the total was achieved must also be stated. These details must be submitted to the Championship Secretary of the IPF or of the Region and also to the Meet Director at least 60 days before the date of the Championships on the preliminary nomination. Final selection, submitted not later than **21-30 days** before the date of the Championship, must be made from those nominated 60 days before the date of the Championships. This includes reserve or alternate lifters. At this point in time each lifter must nominate the bodyweight category in which they wish to lift in these Championships. After the final selection (final nomination) no changes in the weight category in which the lifter is nominated will be allowed. Nominated lifters without results from any of the above Championships will be ranked in the first group to lift if his/her bodyweight category will be split into groups. Failure to comply with any of these requirements may result in disqualification of the offending team. A lifter cannot produce a qualifying total via his national federation for entry to World, International or Regional Championships while he is under suspension by the IPF or Region.

Change:

Draft IPF Technical Rule Book (effective 01 March 2026) version 2 indicated that the final nominations deadline would change from **21 to 30 days**. However, referencing IPF By-law Article 6.2.14 By-law changes must be submitted to IPF General Assembly for review and approval.

Reason:

IPF By-law Article 6.2.14 references the IPF General Assembly creates, deletes, and modifies IPF By-laws. The IPF Executive Committee (EC) will have to submit a proposal to amend IPF By-law 14.5 to change final nomination deadline to 30 days before the date of a championship.

Proposed IPF By-law Article 6.2.14 Verbiage:

Participation at IPF World and Regional Championships continues to increase, resulting in high accommodation and logistical demands for organizers. All accredited athletes, coaches, officials, and referees nominated by their national federation for a World/Regional championship event must stay in the official hotel(s) designated by the organizer. All rooms must be booked at the latest by the deadline for the preliminary nomination. **Because organizers are often required to guarantee or pre-pay hotel rooms up to 21 days in advance, extending the final nomination deadline from 21 to 30 days allows more accurate booking and reduces financial risk. The additional time also improves operational planning and preparation for event organizers, IPF, and Regional Federations.**

3. BODYWEIGHT CATEGORIES - PAGE 7 SECTION 13 OF IPF TECHNICAL RULEBOOK)

In the case of a tie between two nations having the same number of first places, the one having the most second places will be classified first, and so on through the placing of the maximum of five scoring lifters. Should teams or Nations finish equally after this procedure has been applied, then the team or Nation with the greater total number of IPF points will be declared the higher placed. Teams with less than 3 lifters will not receive medals.

12) At all IPF Championships a "Best lifter" award shall be given to the lifter who produces the best performance based upon the IPF formula. Awards will also be presented to second and third places. Categories with less than 3 Lifters will not receive any "Best Lifter" awards.

13) At International Championships, medals will be presented for first, second and third places for each category based upon totals. In addition, medals or merit award certificates shall be presented for first, second and third places in the individual lifts of squat, bench press and deadlift in each category. **Each lifter must receive a Participation medal/memento from the Meet Organizer (By-Laws 13.3).** Should a lifter fail to succeed in either or both of the squat or bench press disciplines he/she may continue to compete for the remainder of the contest, and the lifter will be eligible for awards in any discipline in which he/she records a successful lift or lifts. To receive this award the lifter must make a bona fide attempt on each of the three disciplines.

Reason:

IPF World and Regional Championships require significant personal and financial commitment from competitors, many of whom fully fund their own travel, accommodation, and related expenses to attend. Awarding a participation medal provides all competitors with a meaningful memento that recognizes their qualification, effort, and presence at a major championship event. This practice supports athlete experience, acknowledges the value of participation at the international level, and promotes inclusivity and long-term engagement in the sport.

4. FAILURE CARDS / PADDLES (UPDATED IN LINE WITH TECHNICAL RULE BOOK CHANGES) – PAGE 10 OF IPF TECHNICAL RULEBOOK

After the lights have been activated and appeared, the referee(s) shall raise a card or paddle, or activate the light system, to indicate the reason(s) for the failed lift.

Referees numbered card system - reason for failure.

Color of the cards:
 Failure no. 1 = red card
 Failure no. 2 = blue card
 Failure no. 3 = yellow card



SQUAT	BENCH PRESS	DEADLIFT
1.RED		
Failure to bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees.	Bar is not lowered to chest or abdominal area i.e., not reaching the chest or abdominal area, or is touching the belt. Failure to lower the underside of both elbow joints level with or below the top surface of each respective shoulder joint	Failure to lock the knees straight at the completion of the lift. The front bundle of the deltoid muscle should be placed behind the imaginary projection of the bar Failure to stand erect with the shoulders back:

Change “Deadlift” Failure Cards/Paddles:

The front bundle of the deltoid muscle should be placed behind the imaginary projection of the bar.

Failure to stand erect ~~with the shoulder back:~~

Reason:

This amendment clarifies the required final position of a completed deadlift to ensure consistent referee interpretation and uniform application across all IPF competitions. The revision does not alter the technical standard but provides clearer articulation of the position that must be demonstrated prior to the down command.

**5. FAILURE CARDS / PADDLES (UPDATED IN LINE WITH TECHNICAL RULEBOOK CHANGES)
– PAGE 11 OF IPF TECHNICAL RULEBOOK**

SQUAT	BENCHPRESS	DEADLIFT
2.BLUE		
<p>Failure to assume an upright position with the knees locked at the commencement and at the completion of the lift.</p> <p>Double bouncing or more than one recovery attempt at the bottom of the lift or any downward movement during the ascent.</p>	<p>Any downward movement of the whole of the bar in the course of being pressed out.</p> <p>Failure to press the bar to straight arm's length elbows locked at the completion of the lift.</p> <p>Failure to lock the arms before the "START" command.</p>	<p>Any downward movement of the bar before it reaches the final position. If the bar settles as the shoulders come back this should not be reason to disqualify the lift.</p> <p>Supporting the bar on the thighs during the performance of the lift. If the bar edges up the thighs but is not supported, this is not reason for disqualification.</p>

Reason:

If the lifter's elbows are not fully locked at the commencement of the lift or at its completion, this shall constitute a technical violation. In either instance, the infraction shall result in a blue card.

For the avoidance of doubt, failure to achieve full elbow lock out at the start of the lift and failure to achieve full elbow lock out at the completion of the lift shall both be adjudicated as blue card violations.

**6. FAILURE CARDS / PADDLES (UPDATED IN LINE WITH TECHNICAL RULEBOOK CHANGES)
– PAGE 11 OF IPF TECHNICAL RULEBOOK**

3.YELLOW		
<p>Stepping backward or forward or moving the feet laterally. Rocking the feet between the ball and heel is permitted.</p> <p>Failure to observe the Chief Referees signals at the commencement or completion of the lift.</p> <p>Contact with bar or lifter by the spotters/loaders between the Chief Referees' signals, in order to make the lift easier.</p> <p>Contact of elbows or upper arms with the legs, which has supported and been of aid to the lifter.</p> <p>Slight contact that is of no aid may be ignored.</p> <p>Any dropping or dumping of the bar after completion of the lift.</p>	<p>Heaving, or Sinking the bar after it has been motionless on the chest or abdominal area, in such a way as to aid the lifter.</p> <p>Failure to observe the Chief Referees signals at the commencement, during or completion of the lift.</p> <p>Utilizing upper body thrust to initiate upward movement of the bar from the chest.</p> <p>Any change in the elected lifting position during the lift proper, i.e., any raising movement of the head, shoulders, or buttocks from their original points of contact with the bench, or lateral movement of the hands on the bar.</p>	<p>Lowering the bar before receiving the Chief Referees signal.</p> <p>Allowing the bar to return to the platform without maintaining control with both hands, i.e. releasing the bar from the palms of the hand.</p> <p>Stepping backward or forward or moving the feet laterally. Rocking the feet between the ball and heel is permitted. Foot movement after the command "Down" will not be cause for failure.</p> <p>Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualification.</p>

Reason:

This provision serves as a clarification of the existing rule and does not introduce a new restriction. Heaving, bouncing, or utilizing upper body thrust to initiate upward movement of the bar from the chest has never been permitted. The bar must leave the chest as the result of a controlled muscular press, without artificial momentum or torso-driven propulsion. Furthermore, after the "Press" command is given, no deliberate body displacement or change in the elected lifting position is allowed during the lift. This includes, but is not limited, any raising movement of the head, shoulder, or buttocks from the bench; lateral movement of the hands on the bar; or lowering of the rib cage after the "Press" command for the purpose of generating additional momentum.

7. PERSONAL EQUIPMENT – SUITS – PAGE 14 OF IPF TECHNICAL RULEBOOK

NON-SUPPORTIVE

A non-supportive lifting suit shall be worn in competitions which are designated as Classic/Raw and may be worn in competitions which are designated as Equipped (in which a supportive lifting suit may instead be worn).

The suit straps must be worn over the lifter's shoulders at all times in all lifts in all competitions. Only non-supportive suits from manufacturers accepted onto the "Approved List of Apparel and Equipment for Use at IPF Competitions" shall be permitted for use in competitions. In addition, any such non-supportive suit from approved manufacturers must meet all the specifications of the IPF Technical Rules; non-supportive suit from approved manufacturers which breach any IPF Technical Rule shall not be permitted for use in competitions.

The non-supportive lifting suit must conform to the following specifications:

(a) The suit shall be one-piece and form fitting without any looseness when worn. Lifters can wear approved long- legged singlets. Whichever type of singlet a lifter wears for squat, they must wear the same singlet throughout all disciplines.



(b) It is permitted to wear knee sleeves **over** a long-**legged** singlet; **however, knee sleeves may not be worn under the singlet.** The Technical Controller **must verify that no knee sleeves are worn beneath the singlet. Deadlift socks may be worn over a Long-legged singlet but are not mandatory.**

(c) The suit must be constructed entirely of fabric or a synthetic textile material, such that no support is given to the lifter by the suit in the execution of any lift.

(d) The suit's material shall be of a single thickness, other than a second thickness of material of up to 12 cm x 24 cm allowed in the area of crotch.

(e) There must be legs to the suit, extending a minimum of 3 cm and a maximum of 25 cm, from the top of the crotch down the inside of the leg, as measured when worn by the lifter in a standing position.

(f) The suit may bear the logos or emblems:

- of the approved manufacturer of the suit
- of the lifter's nation of the lifter's name
- as per rule "Sponsor's Logos"
- in national and lower-level contests only, of the lifter's club or individual sponsor, where that logo or emblem has not otherwise been approved by the IPF.

Change every reference under non-supportive from "suit" to "singlet" to Include the following:

The non-supportive lifting suit must conform to the following specifications:

(a)The **singlet** shall be one-piece and form fitting without any looseness when worn. Lifters can wear approved long- legged singlets. Whichever type of singlet a lifter wears for squat, they must wear the same singlet throughout all disciplines.

(b)It is permitted to wear knee sleeves **over** a long-**legged** singlet; **however, knee sleeves may not be worn under** the singlet.

The Technical Controller **must verify that no knee sleeves are worn beneath the singlet. Deadlift socks may be worn over a long-legged singlet, but are not mandatory.**

Reason:

The IPF has received numerous inquiries regarding the permissibility of wearing deadlift socks over a long-legged singlet, as this is not currently specified in the Technical Rule Book. As long-legged singlets cover the legs up to the knee, clarification is required to ensure consistent interpretation and enforcement.

8. SHOES OR BOOTS - PAGE 17 OF IPF TECHNICAL RULEBOOK

Shoes or boots shall be worn.

- (a) Shoes shall be taken to include only indoor sports shoes/sports boots; Weightlifting/Powerlifting boots or Deadlift slippers. The above is referring to indoor sports e.g. wrestling/basketball. Hiking boots do not fall into this category
- (b) No part of the underside shall be higher than 5 cm.
- (c) The underside must be flat i.e. no projections, irregularities, or a doctoring from the standard design.
- (d) Loose inner soles that are not part of the manufactured shoe shall be limited to one-centimeter thickness.
- (e) Socks with a rubber outside sole lining are not allowed in disciplines - Squat/Bench Press/Deadlift.
- (f) Shoes must be properly fastened (laces tied or velcro straps secured) when the lifter is on the platform.

Reason:

For safety reasons, shoelaces must be secured. Loose laces may create a tripping hazard for the lifter and spotters when approaching the rack of exiting the platform.

9. KNEE SLEEVES - PAGE 17 OF IPF TECHNICAL RULEBOOK

Sleeves, being cylinders of neoprene, may be worn only on the knees by the lifter in the performance of any lift in competition; sleeves cannot be worn or used on any part of the body other than the knees. Knee sleeves cannot be worn where the lifter also wears knee wraps, as per the rule "Wraps" below. Only knee sleeves from manufacturers accepted onto the "Approved List of Apparel and Equipment for Use at IPF Competitions" shall be permitted for use in competitions. In addition, any such sleeves from approved manufacturers must meet all the specifications of the IPF Technical Rules; knee sleeves which breach any IPF Technical Rule shall not be permitted for use in competitions.

Knee sleeves must conform to the following specifications:

- (a) The sleeves must be constructed entirely of a single ply of neoprene, or predominantly of a single ply of neoprene plus a non-supportive single layer of fabric over the neoprene. There may be stitched seams of the fabric and/or of the fabric onto the neoprene. The entire construction of the sleeves may not be such as to provide any appreciable support or rebound to the lifter's knees;
- (b) Knee sleeves shall be of a maximum thickness of 7 mm and a maximum length of 30 cm.
- (c) Knee sleeves shall not have any additional strapping, Velcro, drawstrings, padding or similar supportive devices in or on them. Knee sleeves must be continuous cylinders, without holes in the neoprene or in any covering material;
- (d) When worn by the lifter in competition, knee sleeves must not be in contact with the lifter's suit (other than long legged) or socks and must be centered over the knee joint.
- (e) Athletes are permitted to receive personal assistance in the application of their knee sleeves.**
- (f) It is permitted to wear knee sleeves over a long sleeve singlet, but not under the singlet.

Reason:

In Equipped lifting, lifters are permitted to use plastic bags to assist with putting on their suits. To ensure fairness and consistency, Classic lifters will similarly be permitted to receive personal assistance when applying knee sleeves.

10. INSPECTION OF PERSONAL EQUIPMENT - PAGE 19 OF IPF TECHNICAL RULEBOOK

- (a) The inspection of personal equipment for each and every lifter in the competition may take place at any time (times may be announced at the Technical Meeting) throughout the meet prior to within thirty minutes of the start for their particular bodyweight category.
- (b) A minimum of two referees shall be appointed to fulfill this duty. All items shall be examined and approved before being officially stamped or marked.
- (c) Wraps over permitted length shall be rejected but may be cut to the correct length and resubmitted.
- (d) Any item considered unclean or torn shall be rejected.
- (e) The signed inspection sheet shall be handed to the president of the Jury at the end of the inspection period.
- (f) If after the inspection a lifter appears on the platform wearing or using any illegal item, other than that which may have inadvertently been passed by the referees, the lifter shall immediately be disqualified from the competition.
- (g) Referees shall also reject any knee sleeves that have been put on the lifter with the assistance of any other person or method, such as the use of plastic sliding devices, the use of lubricants etc. Socks are however permitted to put knee sleeves on.**

Athletes are permitted to receive personal assistance in the application of their knee sleeves.

- (g) All items mentioned previously under personal equipment shall be inspected. (i) Items such as watches, costume jewelry, mouthpieces, eye wear and feminine hygiene articles need not be inspected.
- (h) Before attempting a world record the lifter will be inspected by the Technical Controller. If the lifter is found to be wearing or using any illegal item, other than that which may have inadvertently been passed by the referees, the lifter shall be disqualified from the competition.
- (i) Referees and the Technical Controller for their particular bodyweight category must assemble five minutes prior to the start of the inspection of personal equipment.

Change:

Remove (g)

Reason:

During personal equipment inspection, the lifter is not required to put on knee sleeves.

11. GENERAL PAGE – 20 OF IPF TECHNICAL RULEBOOK

- (a) The use of oil, grease or other lubricants on the body, or personal equipment is strictly forbidden.
- (b) Baby powder, resin, talc or magnesium carbonates are the only substances that may be added to the body and attire, but not to the wraps.
- (c) The use of any form of adhesive on the underside of footwear is strictly forbidden. This applies to any built-in adhesive, e.g. glass paper, emery cloth, etc. and to include resin and magnesium carbonate. A spray of water is acceptable.
- (d) No foreign substances may be applied to the powerlifting equipment. This takes into account all substances other than that which may be used periodically as a sterile agent in the cleaning of the bar, bench, or platform.
- (e) Light protective guards between sock and shin may be worn.

~~(f) Necklaces and similar accessories must be properly secured underneath the T-shirt and should not be placed in the mouth at any time when the lifter is approaching or on the platform.~~

Change “f” to the below verbiage:

(f) Athletes are allowed to wear necklaces and similar accessories; however, no part of the necklace or accessory shall be placed in the mouth at any time while on the platform. A pendant or charm may be worn either over or under the T-shirt; however, if deemed to create a safety concern or interfere with the lift, the Referee may require it to be secured under the T-shirt or removed.

Reason:

This measure supports the safety of both lifters and spotters.

12. POWERLIFTING AND RULES OF PERFORMANCE- PAGE 20 OF IPF TECHNICAL RULEBOOK

4.1. SQUAT

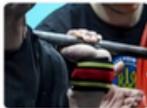
YES



NO



YES



NO



1) The lifter shall face the front of the platform, with the barbell placed horizontally across the shoulders, at a height no lower than the posterior deltoid level. The lifter's hands, thumbs, and fingers must be in complete contact with the bar while it is positioned in the rack stands and starting and lift completion position. The thumbs are not required to wrap around the bar. However, the hands, thumb, and fingers must remain in complete contact with the bar or the duration of the lift. The hands may be positioned anywhere on the bar inside and or in contact with the inner collars.

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Powerlifting and rules of performance

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2) After removing the bar from the racks, (the lifter may be aided in removal of the bar from the racks by the spotter / loaders) the lifter must move backwards to establish the starting position. When the lifter is motionless, erect (slight deviation is allowable) with knees locked the Chief Referee will give the signal to begin the lift. The signal shall consist of a downward movement of the arm and the audible command "Squat". Before receiving the signal to "squat" the lifter may make any position adjustments within the rules, without penalty. For reasons of safety the lifter will be requested to "Replace" the bar, together with a backward movement of the arm, if after a period of five seconds he is not in the correct position to begin the lift. The Chief Referee will then convey the reason why the signal was not given.

3) Upon receiving the Chief Referee's signal, the lifter must bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees. Only one decent attempt is allowed. The attempt is deemed to have commenced when the lifters knees have unlocked.

4) The lifter must recover at will to an upright position with the knees locked. Double bouncing at the bottom of the squat attempt or any downward movement is not permitted. When the lifter is motionless (in the apparent final position) the Chief Referee will give the signal to rack the bar.

5) The signal to rack the bar will consist of a backward motion of the arm and the audible command "Rack". The lifter must then return the bar to the racks. Foot movement after the rack signal will not be cause for failure. For reasons of safety the lifter may request the aid of the spotter/loaders in returning the bar to, and replacing it in the racks. The lifter must stay with the bar during this process. The lifter is not allowed to walk out through the front of the rack after completion of the lift.

6) Not more than five and not less than two spotter/loaders shall be on the platform at any time. The Referees may decide to the number of spotter/loaders required on the platform at any time 2, 3, 4, or 5.

Reason:

1) By implementing a rule that requires the bar to be positioned above the shoulder blades, ensures it is not set too low on the back and assists in preventing excessive forward bending at the start of the lift.

In addition, this measure is intended to protect Sub-Junior and Junior lifters from increased risk of lower back injuries and excessive loading on the lumbar (lower) spine, as these athletes may not yet be fully developed physically, muscularly, or technically.

5) This measure is implemented to support the safety of both the athlete and the spotter/loaders.

13. BENCH PRESS PAGE 22 OF IPF TECHNICAL RULEBOOK

- 1) The bench shall be placed on the platform with the head facing the front or angled up to 45 degrees. The Chief referee shall position himself on the head side of the bench press rack. **The lifter is not allowed to enter the rack from the head side of the bench press rack.**
- 2) The lifter must lie on his back with head, shoulders, and buttocks (the picture PROPER STARTING POSITION & SETUP show the minimum acceptable) in contact with the bench surface. The feet must be flat on the floor (as flat as the shape of the shoe will allow). **His hands, thumbs and fingers must completely grip the bar positioned in the rack stands with a thumb around grip.** This position shall be maintained throughout the lift. Foot movement is permissible but must remain flat on the platform. During the set-up on the bench, the athlete is not allowed to place his/her feet on the bench. The hair must not hide the back of the head when lying down on the bench. The Jury or Referees may require the lifter to affix his/her hair accordingly.
- 3) To achieve firm footing the lifter may use flat surfaced plates, or blocks not exceeding 30 cm in total height and a minimum dimension of 60 cm x 40 cm, to build up the surface of the platform. Blocks in the range of 5 cm, 10 cm, 20 cm, and 30 cm, should be made available for foot placement at all international competitions.
- 4) Not more than five and not less than two spotter/loaders shall be on the platform at any time.

Reason:

This new rule is aimed at enhancing safety, improving control and stability during the execution of the bench press.

14. CAUSES FOR DISQUALIFICATION OF A BENCH PRESS - PAGE 24 OF IPF TECHNICAL RULEBOOK



PICTURE A - PROPER STARTING POSITION & SETUP

4.2.1. CAUSES FOR DISQUALIFICATION OF A BENCH PRESS

- 1) Failure to observe the Chief Referee's signals at the commencement, during or completion of the lift.
- 2) Any change in the elected lifting position during the lift proper i.e. any raising movement of the head, shoulders, or buttocks, from the bench, or lateral movement of hands on the bar.
- 3) **Heaving or** Sinking the bar into the chest or abdominal area after it is motionless in such a way as to make the lift easier.
- 4) **Utilizing upper body thrust to initiate upward movement of the bar from the chest.**
- 5) Any downward movement of the whole of the bar in the course of being pressed out.
- 6) Bar is not lowered to chest or abdominal area i.e. not reaching the chest or abdominal area, or the bar is touching the belt.
- 7) Failure to press the bar to straight arms' length elbows locked at the completion of the lift.
- 8) Contact with the bar or the lifter by the spotter/loaders between the Chief Referee's signals, in order to make the lift easier.

Reason:

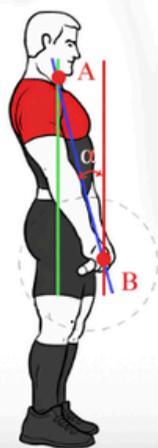
4) This provision serves as a clarification of the existing rule and does not introduce a new restriction. Heaving, bouncing, or utilizing upper body thrust to initiate upward movement of the bar from the chest has never been permitted. The bar must leave the chest as the result of a controlled muscular press, without artificial momentum or torso-driven propulsion. Furthermore, after the "Press" command is given, no deliberate body displacement or change in the elected lifting position is allowed during the lift. This includes, but is not limited to, any raising movement of the head, shoulders, or buttocks from the bench; lateral movement of the hands on the bar; or lowering of the rib cage after the "Press" command for the purpose of generating additional momentum.

15. DEADLIFT – PAGE 25 OF IPF TECHNICAL RULEBOOK

- 1) The lifter shall face the front of the platform with the bar laid horizontally in front of the lifter's feet, gripped with an optional grip in both hands and lifted until the lifter is standing erect.
- 2) **On completion of the lift the knees shall be locked in a straight position. The front bundle of the deltoid muscle should be placed behind the imaginary projection of the bar. (See the picture)**
- 3) The Chief Referee's signal shall consist of a downward movement of the arm and the audible command "Down". The signal will not be given until the bar is held motionless and the lifter is in the apparent finished position.
- 4) Any rising of the bar or any deliberate attempt to do so will count as an attempt. Once the attempt has begun no downward movement is allowed until the lifter reaches the erect position with the knees locked. If the bar settles as the shoulders come back (slightly downward on completion) this should not be reason to disqualify the lift.

SCHMATIC REPRESENTATION OF THE CORRECT SHOULDER'S ABDUCTION IN THE FINAL POSITION OF THE DEADLIFT

THE DIAGRAM BELOW SHOWS THE SUPPORTING OF THE BAR ON THE THIGHS



A - THE FRONT BUNDLE OF THE DELTOID MUSCLE
B - THE BAR
RED STRAIGHT LINE - IMAGINARY PROJECTION OF THE BAR
 α - the deflection angle



Reason:

To provide a clearer definition of the required shoulder position at the end of the lift. This will ensure constancy in evaluation by referees and help avoid ambiguities in the interpretation of exercise deadlift. These rules clarify deadlift execution and completion standards to ensure uniform officiating, fair assessment of attempts, and safe athlete conduct on the platform.

16. WEIGHING IN – PAGE 26 OF IPF TECHNICAL RULEBOOK

- 1) Weighing in of the competitors must take place no earlier than two hours before the start of the competition for a particular category / category. All lifters in the category/categories must attend the weigh in, which will be carried out in the presence of two / three appointed referees. Weight categories may be combined in a single lifting session.
- 2) If not already done, lots will be drawn to establish the order of weigh in. The lots drawn also establish the order of lifting throughout the competition when lifters require the same weights for their attempts.
- 3) The weigh in period will last one and a half hours.
- 4) The weigh in for each competitor will be carried out in a room with the door closed, with only the competitor, **his their** coach or manager of the same gender and the two/three referees present. For reasons of hygiene the lifter should wear socks / paper towel on the scale's platform. Lifters need to identify **himself/herself themselves** with an ID/Passport.
- 5) Lifters may be weighed nude or in underwear which complies with the specifications set out in the appropriate section of the rule book and which does not effectively change the lifter's weight. ~~Athletes may be permitted to weigh in wearing minimal clothing beyond standard requirements (for example, their lifting singlet and t-shirt), but barefoot, provided that the integrity and accuracy of the weigh-in process are maintained and the weight of the additional clothing does not define the change of the bodyweight category.~~ If a question exists regarding weight of **undergarments the clothing**, a re-weigh in the **nude lifter's singlet** may be requested. "In competitions in which both sexes are competitors, the weigh in procedure **may must** be altered to ensure that lifters are weighed by officials of their own sex. Additional officials (not necessarily referees) may be appointed for this purpose"

Disabled/Amputee lifters who are competing in bench press championships will have the

Change "5)" to the following verbiage:

5. Lifters may be weighed nude or wearing underwear that complies with the specifications set out in the appropriate section of the IPF Technical Rule book and which does not materially affect the lifter's bodyweight.

Minimal clothing, for purposes of weigh-in, shall be strictly limited to:

- (a) The approved lifting singlet.
- (b) One approved t-shirt (if applicable to the division);
- (c) Standard underwear compliant with IPF specifications; and
- (d) No footwear,

If a question exists regarding weight of the clothing, a re-weigh in the lifter's singlet may be requested. In competitions in which both sexes are competitions, the weigh in procedure must be altered to ensure that lifters are weighed by officials of their own sex. Additionally, officials (not necessarily referees) may be appointed for this purpose." Disabled/Amputee lifters who are competing in bench press championships will have the following additions to their bodyweight:

Reason:

At weigh-in, referees frequently receive requests from lifters to remain clothed due to personal reasons or religious considerations.

17. WEIGHING IN – PAGE 27 OF IPF TECHNICAL RULEBOOK

6) Each lifter may only be weighed once. Only those whose bodyweight is heavier or lighter than the category limits of the category entered are allowed to return to the scales. They must return to the scales and make weight within the limits of the hour and a half allowed for the weigh in; otherwise, they will be eliminated from the competition. A lifter can only be re-weighed as often as time and orderly progression by lots allows. A lifter may only be weighed outside the time limit of one and a half hours if he presents himself within the time limit, but due to the number of lifters trying to make weight, he is denied the opportunity of mounting the scales. He may then be allowed one re-weigh at the discretion of the referees. The lifter's agreed bodyweight must not be made public until all lifters competing in the particular category/categories have been weighed in.

7) A lifter may only weigh in the category in which he was nominated **21-30** days prior to the meet date. In the case where groups are formed in a particular weight class the B and C groups may lift at a separate and earlier time to the A group. Where groups lift at separate times in this way the A group must have a minimum of 8 (eight) and a maximum of 14 (fourteen) lifters.

8) Lifters should check squat and bench press rack heights and foot blocks prior to the start of the competition. The rack height sheet must be signed or initialed after the check by the lifter or coach. It is in their interest. A copy of this official document goes to the Jury, Speaker, and Platform Manager.

Change:

7) Draft IPF Technical Rule Book (effective 01 March 2026) version 2 indicated that the final nominations would change from **21 to 30 days**. However, referencing IPF By-law Article 6.2.14 By-law changes must be submitted to the IPF General Assembly for review and approval.

Reason:

IPF By-law Article 6.2.14 references that the IPF General Assembly creates, deletes, and modifies IPF By-laws. The IPF Executive Committee (EC) will have to submit a proposal to amend IPF By-law 14.5 to change final nominations deadline to 30 days before the date of a championship.

Proposed IPF By-law Article 6.2.14 verbiage

Participation at IPF World and Regional Championships continues to increase, resulting in high accommodation and logistical demands for organizers. All accredited athletes, coaches, officials, and referees nominated by their national federation for a World/Regional championship event must stay in the official hotel(s) designated by the organizer. All rooms must be booked at the latest by the deadline for the preliminary nomination. Because organizers are often required to guarantee or pre-pay hotel rooms up to 21 days in advance, extending the final nomination deadline from 21 to 30 days allows more accurate booking and reduces financial risk. The additional time also improves operational planning and preparation for event organizers, IPF, and Regional Federations.

18. ORDER OF COMPETITION – PAGE 30 OF IPF TECHNICAL RULEBOOK

rounds of the deadlift, immediately followed by the second group who will similarly complete their three rounds of the deadlift. This system thus eliminates any time waste other than that necessary for arranging the platform between the lifts.

(p) In competitions where designated international broadcast partners are present, the interval between disciplines (Squat, Bench Press, and Deadlift) can be adjusted.

Reason:

This adjustment ensures continuity of the broadcast schedule and promotes optimal presentation of the event for television coverage.

19. MISCELLANEOUS RULES (LOADING ERRORS, MISCONDUCT, APPEALS ETC.) PAGE: 35 OF IPF TECHNICAL RULEBOOK

6) Three unsuccessful attempts in any lift will automatically eliminate the lifter from the overall competition. He may still compete for awards on individual lifts if he makes bona fide attempts on each of the lifts i.e., weights attempted must be within his reasonable capabilities. If this is questionable the Jury will decide.

7) Other than initial removal of the bar from the racks, the lifter will not receive any help from the spotter / loaders in positioning himself for an attempt.

8) On the completion of an attempt, a lifter shall leave the platform within 30 seconds; failure to comply with this rule may result in disqualification of the attempt at the discretion of the referees. This rule was designed for lifters who may have received some injury during the course of the lift, or perhaps the less able bodied, e.g. the blind lifter.

9) Athlete's hair should be fixed (braided or tied back) in such a way as to not interfere with the referees' ability to judge the lift.

10) Lifters are expected to enter and exit the lifting area or platform in a respectful manner, refraining from discarding their belt on the floor or engaging in any conduct that may be harmful to the integrity of the sport.

Reason:**9) Squat:**

Hair must not obscure the lifter's face in the starting position or during the execution of the squat. Hair extending beyond shoulder length must be braided or securely tied back (e.g., ponytail).

Deadlift:

Hair must not obscure the lifter's face in the starting position or during the execution of the deadlift. Hair extending beyond shoulder length must be braided or securely tied back (e.g., ponytail).

This measure is intended to ensure the referee's ability to judge the lift, clear visibility of the lifter's face, and to allow the lifter to clearly see the Chief Referee's hand signals.

10) Requiring lifters to enter and exit the platform respectfully promotes sportsmanship and professionalism, reinforces the values of fair play, and supports a positive public image of powerlifting. Discarding equipment, i.e. throwing belt or engaging in disrespectful conduct is not permitted, as it detracts from the professional presentation of the sport. Reasonable celebrations is permitted, provided it does not compromise safety, order, or decorum on the platform.

20. MISCELLANEOUS RULES (LOADING ERRORS, MISCONDUCT, APPEALS ETC.) PAGE 36 OF IPF TECHNICAL RULEBOOK

16. The Jury may utilize instant replay technology as an official tool to review lifts during IPF-sanctioned competitions. Instant replay may be used to assist the Jury in determining the correctness of referees' decisions or to confirm the validity of a lift in cases where visual evidence may clarify a technical or procedural matter. When used, the following shall apply:

(a) The instant replay system shall be operated only by the jury or a designated official under Jury supervision.

(b) The Jury may initiate review upon its own discretion or upon protest lodged in accordance with the rules.

(c) The decision of the Jury, after instant replay review, shall be final and binding.

(d) The use of instant replay shall not unduly delay the competition and must be conducted in a manner that maintains the flow of the event.

(e) Instant replay may only be employed at IPF Calendar events or other competitions where the necessary technical equipment and personnel are available.

Reason:

This reference establishes a formal framework for the use of instant replay, providing procedural clarity and consistency for officials (referees and jury members), coaches, and athletes. The measure supports accurate adjudication through video review of contested decisions and reflects established practice already implemented in IPF competitions.

21. REFEREES - PAGE 38-39 OF IPF TECHNICAL RULEBOOK

selection of the referee in either category.

17) At World Championships, or any other championships where attempts may be made on world records, only IPF category 1 or category 2 referees adjudicate. Each nation may nominate a maximum of **three-four** referees to serve at the World Championships, **plus 2** extra category 1 referees for Jury duty, if there is an insufficient number. All nominated referees attending a championship, must be available for at least two days.

18) Referees and members of the Jury will be uniformly dressed as follows:



Men, winter: Dark blue blazer with appropriate IPF badge on the left breast. Proper grey trousers (not jeans) with a white shirt and appropriate IPF tie.

Men, summer: Proper grey trousers (not jeans) with a white shirt and appropriate IPF tie.

Women, winter: Dark blue blazer with appropriate IPF badge on the left breast. Proper grey skirt or trousers (not jeans) and a white blouse or shirt, and appropriate scarf/tie.

Women, summer: Proper grey skirt or trousers (no jeans) and a white blouse or shirt, and appropriate scarf/tie.

IPF badges and scarf/ties are red for category 1 referees and blue for category 2 referees. The Jury shall determine whether winter or summer dress will be worn. Shoes known as "trainers" do not compliment blazer and trousers! Dress/Day wear black shoes and black socks must be worn. Open shoes **are not allowed**.

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Referees

01.03.2026

19) Qualifications for a Category 2 Referee are as follows:

- (a) A national referee of at least two years standing, having officiated in the position as a referee with a minimum of two National Powerlifting Championships within this period.
- (b) Must be recommended by his National Federation.
- (c) Must take the Category 2 written /computer examination in English and practical examination at a World Championship, Continental Championship or Regional Championship.
- (d) Must achieve a passing score of 85 percent or more on written examination and 85 percent or more on practical examination.

20) Qualifications for a Category 1 Referee are as follows:

- (a) Must be a Category 2 referee in good standing for a period of at least 4 years, officiating at a minimum six (6) international (World and/or Regional) and six (6) national championships.**
- (b) Must have adjudicated at least 4 International Championships, excluding the World Bench Press Championships.**
- (b) Must take Category 1 practical and written/computer examination at any World Championship

Reason:

Point 17: Member nations with larger teams typically have a greater number of available referees, which allows for broader referee nominations and helps distribute the officiating workload more evenly across the competition.

Point 20: Additional experience at Category 2 level is required prior to progression to Category 1 to ensure adequate preparation for Jury responsibilities, including the assessment and evaluation of referee candidates.

22. IPF TECHNICAL COMMITTEE - PAGE 42 OF IPF TECHNICAL RULEBOOK

- 1) Will consist of a Chairman, who shall be a Category 1 referee elected by the General Assembly, and up to ten members from various nations appointed by the Executive Committee in consultation with the Chairman of the Technical Committee. And a coach/lifter representative.
- 2) Will be entrusted with the examination of all requirements and proposals of a technical nature submitted by the affiliated federations.
- 3) Appoints the Chief Referee, side referees and the jury for the World Championships. May also appoint Referees who are present and not nominated by their nation and available in case of insufficient Referees. **National Referees may be appointed as Technical Controllers**
- 4) Trains and instructs referees who have not yet reached the international level and re-examines those who have already reached that level.
- 5) Informs the IPF General Assembly, President and General Secretary via the Referee Registrar

Reason:

Appointing National Referees as Technical Controllers is particularly beneficial when there is a shortage of Category 1 and Category 2 referees at a championship. Their experience and expertise can help ensure the smooth operation of events and maintain the quality of officiating during competitions

23. COACH RESPONSIBILITIES – PAGE 45 OF IPF TECHNICAL RULEBOOK

- 15) Concerning warm- up and wrapping, any drinking of alcohol by Head Coach, assistant coaches, and your lifters in the mentioned areas above is strictly forbidden, **under no circumstance can any person under the influence of alcohol be in the warmup room at any time and this shall be ensured by the Head Coach**

Reason:

This measure is adopted to maintain professional conduct, ensure athlete safety, and preserve the integrity and reputation of IPF competitions.