



General Rules

1. The use of oil, grease or other lubricants on the body, costume or personal equipment is strictly forbidden.
2. Baby powder, resin, talc or magnesium carbonates are the only substances that may be added to the body and attire.
3. The use of any form of adhesive on the underside of footwear is strictly forbidden. This includes any form of built in adhesive, sand paper, emery cloth, etc. Resin, magnesium carbonate, or “stick-type” sprays are not allowed on footwear. A spray of water is acceptable.
4. 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.
5. Bleach water, gloves and towels will be on hand to sanitize bars if needed.
6. No jewelry is allowed on the platform at any time.
7. Team iXL red drug free wristbands are allowed to be worn.
8. One-minute time limit in order to give your second attempts to the Head table will be enforced.
9. No ammonia capsules are allowed on the platform.
10. At registration an index card will be presented to you with all of your information for weigh-ins, rack height, attempts, class and division, you must verify all information before leaving the registration table.
11. You have 60 seconds to give your next attempt or you forfeit that attempt.
12. The lifter has 5 minutes before his/her flight starts in order to lower their attempt.
 - a. The lifter will only be able to give 1 attempt for each the 1st and 2nd lifts. Although you are allowed to change your 3rd attempt 2 more times after you had given it to the head table. You can never lower an attempt after the flight starts but you may go up 2 more times after you give your 3rd attempt.

Squats

A. Rules of Performance

1. The lifter shall assume an upright position with the top of the bar not more than 3 cm (about 1 3/16 inch) below the top of the anterior deltoids. The bar shall be horizontal across the shoulders with the hands in contact with the bar. The hands may touch but not grasp the inside collars, the lifters feet shall be placed flat on the platform with knees locked.
2. After removing bar from rack the lifter shall move backwards to establish the starting position. The lifter shall await the Chief Referee’s signal to start. The signal shall begin as soon as the lifter is motionless with knees locked, and the bar properly positioned. The signal shall consist of an obvious downward movement of the hand/arm and the audible command “SQUAT.” Prior to the signal, the lifter may make adjustments within the rules without penalty.
3. Upon receiving the signal the lifter must bend the knees and lower the body until the mid point of the thigh at the hip joint (B) are lower than the mid point of the knees (A). Only one descent attempt is allowed.
4. The lifter shall recover at will from the deepest point of the squat to and upright position with KNEES LOCKED. Although stopping is permitted, double bouncing or downward movement is not permitted once upward motion has started. When the bar is motionless, the Chief Referee will give the signal to replace the bar when the lifter is in the apparent final position is best determined by the Chief Referee (even if the final position is not correct

according to the rules). The signal to replace the bar shall consist of an obvious backward motion of the hand/arm and the audible command "RACK."

5. Upon receiving the "RACK" signal the lifter shall make a bona fide attempt to return the bar to the racks. This is defined as one step forwards the racks. The lifter may request aid to rack the bar.
6. The lifter shall face the front of the platform.
7. The lifter shall not hold the collars, sleeves or plates at any time during the lift.
8. Not more than five nor fewer than two spotters shall be on the platform at anytime. Designated spotters may not be replaced unless approved by the Head Referee.

B. Causes for disqualifications

1. Failure to wait for Chief Referee's signal at the commencement or completion to lift.
2. Laterally changing positions of the hands on the bar after receiving the signal to commence the lift. Opening and closing fingers is allowed.
3. Double bouncing is more than one recovery attempt at the bottom of the squat.
4. Failure to assume an upright position with knees locked at the start and completion of the squat.
5. Any shifting of the feet laterally or stepping forwards or backwards during the performance of the lift. The toes may come up and/or the heels may come up off the platform but must return to the same position.
6. Failure to achieve proper depth.
7. Changing the position of the bar across the shoulders after the start of the lift. This implies the intentional or unintentional rolling of the bar to aid performance of the lift. It does not apply to a minute amount of position change, which will not aid the lifter.
8. Contact with the bar, lifter, or plates, by the spotters between referee's signals.
9. Touching the elbows or upper arms to the legs during the squat.
10. Failure to make a bona fide attempt to return the bar to the racks
11. Any intentional dumping or dropping of the bar as determined by a majority of the referees

Bench Press

A. Rules of Performance

1. The front of the bench must be placed on the platform facing the crowd, Head Referee will be placed behind uprights.
2. The lifter must lie on his/her back so that the head, shoulders (upper back area), and buttocks are in contact with the bench surface at all times during the lift. The lifter's feet must be flatfooted. The lifter's shoes must be flat on the floor or the built up surfaces when utilized, at all times. Once the bar begins its decent, a lifter may not move their feet from the original starting position, until the Head Judge gives the command of "RACK".
2. The lifter's costume and bench surface are not of sufficient color contrast to enable the referees to detect possible raising movement (hip/butt) from the bench, the bench may be covered with a contrasting colored towel.
3. To achieve firm footing the lifter may use plates or blocks.
4. Not more than 4 or fewer than 2 spotters shall be on the platform at anytime. The lifter may enlist the help of the spotter or a personal coach in removing the bar from the racks. This lift-off or self take-off must be at arms length, not down to the chest.
5. The spacing of the hands shall not exceed 81 cm (31 7/8 inches) measured between the forefingers. A reverse grip is allowed provided that the distance between the little fingers does not exceed 81 cm.
6. After receiving the bar at arms length, the lifter shall lower it to the chest and await the Chief Referee's signal.
7. When the bar is motionless on the chest, the signal shall be given. It shall consist of an audible command "PRESS." If the lifter has a hearing defect, the referee may use an agreed upon signal such as a touch of the hand to the lifter for both press and rack signals.
8. After the signal to press has been given, the bar is pressed upward to straight arms length, elbows locked out, and held motionless until audible command "RACK" is given. Elevation of the bar need not be equal throughout the entire lift (subject to 10 below), but lock out of both arms must be simultaneously.
9. The bar is allowed to stop during the upward motion but is not allowed downward after press command has been given.
10. The hand off must be from the center of the bay, not from the ends of the bay.

B. Causes for Disqualifications

1. Failure to observe the signals or press and rack during the lift.
2. Any change in the elected lifting position once the bar starts its descending motion, buttocks, or feet from their original positions. Lateral movement of the hands is not allowed.
3. Heavy, bouncing, any downward movement of the bar or allowing bar to sink into the chest after the press signal has been given is not allowed.
4. Any uneven extension of the bar at the completion (lock out).
5. The bar may stop during the lift, the Chief Referee will give “RACK” signal if after 2 seconds the bar does not resume the upwards progress or if in the referees opinion, the lifters safety is in question.
6. Any downward movement of either hand or the bar during the lift.
7. The contact of the bar by the spotters between signals.
8. Contact of the lifters feet with the bench or its supports.
9. Contact between the bar and the upright during the lift, which could make the lift easier.

Deadlift

A. Rules of performance

1. The bar shall be laid horizontally in front of the lifter’s feet, gripped with an optional grip in both hands, and lifted until the lifter is standing erect with knees locked. Start of the lift is at the lifter’s option; there is no Chief Referee’s signal. The bar may stop but no downward movement is allowed.
2. The lifter shall face the front of the platform.
3. On completion of the lift, the knees shall be locked in a straight position and the shoulders held in a erect position (not forward or rounded). Shoulders do not have to thrust back past an erect position. If they are thrust back in that manner and all other criteria are acceptable, the lift is good.
4. The Chief Referee’s signal at the end of the lift shall consist of an obvious downward movement of hand/arm and the audible command “DOWN.” The signal will be given when the bar is held motionless and the lifter is in the apparent finished position.
5. ANY raising of the bar from the platform of any deliberate attempt to do so count as an attempt.

B. Causes for Disqualification:

1. Any downward movement of the bar during the lift. The bar may stop but may not descend before continuing upward.
2. Failure to stand erect with the shoulders in an erect position.
3. Failure to lock the knees straight at the completion of lift.
4. Supporting the bar on the thigh during the lift. As the bar is lifted, the knees MUST continually extend without additional flexion of the knees at any time during the lift.
5. Any lateral movement of the feet, stepping backward or forward during the lift. The heels and toes may come up but must return to original position.
6. Lowering the bar before the signal is given to do so.
7. Allowing the bar to return without maintaining control with both hands. Some noise and impact is expected, but dropping the bar or obvious lack of control is not allowed. The bar must be controlled to prevent free fall.
8. Dropping bar at top of position (not bringing bar down under control).

Weigh-ins

1. Lifters are not allowed to enter the weigh-in area until validation of current 100% RAW membership card. RAW registration numbers must be recorded on the lifter’s weigh-in/attempt card.
2. Weighing in of competitors may take place 24 hours before the start of competition if so designated on the entry and decided by the Meet Director. Records may be set under a 24 Hour weigh in, including State and/or National records.
3. Lifters should be weighed in their undergarments by an official. In all completions, lifters must be weighed in by members of their **OWN** sex. Additional female officials may be appointed to weigh women.
4. Handicapped lifters using an artificial limb in competition must weigh in with THAT limb.

5. If a lifter does not make weight, the lifter may be re-weighed until the time limit. A lifter who has made weight shall NOT be re-weighed for any reason, including an attempt to move up or down a class.
6. A lifter who is too heavy may move up into the next higher weight class provided the lifter has achieved the minimum qualifying total for the heavier class, if qualifying totals were used. Said lifter may compete for team points in the heavier class provided that not more than one lifter from their team is already in that class. The lifter must be present for the weigh-in of the heavier weight class.
7. A lifter who weighs in lighter than the weight class he or she entered may compete in the lighter weight class for team points provided that not more than one lifter from his/her team is already in that class, and provided that the lighter weight class has not already started competition. Said lifter must have also achieved the qualifying total, if used, for the lighter class while competing at that class's bodyweight.
8. If 2 lifters make the same total at the same bodyweight, they shall be weighted. If they reweigh the same, they shall both share the placing and no award shall be given to the next in line. Should they reweigh at different body weights, the lighter lifter shall be awarded the higher place.
9. The lifters should check squat and bench rack heights and foot blocks prior to weigh-in and have this information marked on their weigh-in/score card.
10. The lifter must lift in a weight class he made weight in. He may not lift in a weight class heavier or lighter than one he has made weight in.
11. It is possible for a lifter to get credit for and qualify in two different weight classes in the same contest, provided that those weight classes are in two different sessions or on two different days and that the lifter has made the appropriate weigh-in session for each. The lifter must also have met the qualifying total if any for both weight classes.
12. The same scale must be used throughout weigh-ins during a 24-hour period.

Lifting Attire

- 1) **Singlet:** For local, state and national and international championships.

Note: In RAW meets only a leather belt may be worn with a non-supportive singlet. No other supportive gear may be worn. This includes, but is not limited to, wrist wraps, knee wraps, tape applied around a limb or finger, supportive lifting suit, supportive briefs, supportive shirt.

Preferred Non- Supportive Singlet

- A. The lifting suit shall consist of a one-piece full-length suit of one-ply stretch material without any additional patches or padding. The straps must be worn over the shoulders during the performance of a lift during competition.
- B. It may be any color
 1. There will be no obscenities on any lifting attire to be worn on the platform.
 2. All items worn on the platform must be clean, un-torn and in a good state of repair.
 3. Emblems may be worn representing the lifter's affiliations, Registered club, region or state. The same applies to T-shirts. Teenagers and Collegians may wear wrestling singlets bearing the school's name/logo on it.

All senior members (age 20 and older) shall wear a one piece-lifting suit with the straps up over the shoulder at all meets, effective January 1, 1999. The wearing of shorts and T-shirts will be limited to youth members (age 19 and under) at local level meets only. Youth lifters will have to wear a one piece-lifting suit at all national or higher level meets.

At local meets, teenagers may wear non-supportive shorts in good repair, instead of a one-piece lifting suit. Cut-off Jeans, walking shorts, ect. are not allowed. Legs must be clearly above knees. Loose fitting/baggy shorts are not allowed. Undergarments, same as for one piece lifting, shall be worn. Spandex type bike shorts are suitable. It is preferred that shorts be mid-thigh in length. Shorts should be snug, not tight. Shorts made of canvas, cut-off/altered power suits or jeans, ect are not allowed. Referee shall determine if shorts are supportive. The only belt allowed with shorts is a lifting belt as defined in the rules.

Note: Judges and / or referees are solely responsible to determine if singlets/ shorts to be used in RAW competition are supportive in nature.

4. ONLY one suit may be worn at a time on the platform.
 - A. Women must wear a one-piece suit as previously described. Leotards are not allowed.

Shirts: T-shirts

1. A shirt with short sleeves may be worn by a male and female lifters under the lifting suit. The shirts sleeves must not touch the elbow. The T-shirt must be made of cotton, lycra or under armor.

2. The T-shirt shall also conform to the following requirements:

1. It shall not be ribbed or consist of any rubberized or similar stretch material.
2. It may have a “V” or crew shaped neck opening.
3. It shall not have any buttons, zippers, or collars.
4. Shirt may not be turned inside out to hide inscriptions.
5. Torn or soiled shirts are not permitted
6. T-shirts EMBLEMS/LOGOS may be worn in all sanctioned meets if they meet the following requirements:
 - a. Names of sponsors shall be allowed, or
 - b. They are Powerlifting-related or
 - c. They Promote a drug-free attitude, AND,
 - d. They are not obscene or degrading.
7. Only one shirt may be worn at one time on the platform
8. The shirt must be long enough to tuck into the lifting suit.
9. Velcro straps are not allowed.

3. Athletic Supporters

- A. An athletic supporter or standard cotton or nylon briefs of a single ply shall be worn under the lifting suit. Swimming suit, boxer shorts, shorts, or any other garment with legs or made of rubberized or similar stretch material, or that acts as a girdle, is not allowed. Said garment may not be supportive or extend past the hips or the navel. Power briefs are not allowed. (See Diagram 3)
- B. Women must wear protective briefs or panties as long as they are not supportive. Women may also wear a bra as long as the bra cup does not maintain its shape when placed upright on a flat surface and does not contain any wires or supportive devices. A female official in the event of an American bench press record will check bras. The use of tampons, sanitary napkins or related articles for feminine hygiene protection is permitted without inspection.

4. Socks:

- A. Any type of socks are permitted: any color, any logo, provided they are not obscene/profane
- B. They do not touch the knee.
- C. They are not full length, tights or hose.
- D. The lifter is not required to wear socks or may wear as many pairs as the lifter wishes.

5. Headbands/Hats

A professionally made elastic headband, beanie or toboggan may be worn. No Handkerchiefs, bandannas, hats, or other headgear will be allowed on the platform.

6. Belts:

- a. A competitor may wear a belt, but only on the outside of the lifting suit.
- b. Material and construction:
 1. The belt shall be made of leather or nylon in one or more laminations, which may be glued and/or stitched together.
 2. It shall not have any additional backing, padding, inserts, bracing or supports of any material on the surface or inside the belt.
 3. Any type of buckle or fastener (including quick release) is permitted.
 4. No more than 4” in width is allowed.

Curl Rules

A. Rules of Performance

1. The lifter shall face the front of the platform. The bar shall be held horizontally across the thighs with the hands palms of the hands facing outward and fingers gripping the bar. The feet shall be flat on the platform with the knees locked and arms fully extended. The lift shall have their shoulders and buttocks firmly against a wall during the lift.
2. After removing the bar from the racks, the lifter must move backwards to the wall to establish his starting position. The lifter shall wait in the starting position for the Head Referee's signal. The signal will be given once the lifter is motionless and the bar is properly positioned with your Head Up & Chin Up and arms extended fully down. The Head Referee's signal shall consist of an upward movement of the arm and the verbal command "**curl**".
3. Once the curl command is given the lifter must bring the bar up to the fully curled position (bar near chin or throat with palms facing backward). The knees must remain locked and the shoulders and buttocks against the wall throughout the entire lift.
4. When the lifter has reached the finished position the Head Referee's signal shall consist of a downward movement of the hand and the verbal command "**down**". The signal will not be given until the bar is held motionless and the lifter is in the apparent finished position.
5. At the completion of the lift, the knees shall be locked and the shoulders and butt firm against the wall and the lifters will need to wait the signal to replace the bar. This will consist of a backward motion of the hand and the verbal command "**rack**".
6. The legs and hips may not be used in any way for momentum to complete the lift. Lifter may not lean back to assist in bringing the weight up. Any thrusting of the legs or hips for momentum is not allowed.
7. Any rising of the bar or any deliberate attempt to do so will count as an attempt.
8. The lifter may, at the Head Referee's discretion, be given an additional attempt at the same weight if failure in an attempt was due to an error by one or more of the loaders.
9. This lift will be judged by 3 officials.

B. Causes for Disqualification of the Strict Curl

1. Any downward movement of the bar before it reaches the final position.
2. Leaning back to assist the lifter in raising the weight.
3. Shoulders or Buttocks coming off the wall during the lift both while going up & down.
4. Failure to stand erect with the shoulders square and Buttocks flat against the wall at the completion of the lift.
5. Failure to keep the knees locked and straight during the lift.
6. Stepping backward or any foot movement such as rocking the feet.
7. Lowering or racking the bar before receiving the Chief Referee's signal to do so.
8. Bouncing the bar off the thighs or bending the back to assist the lifter in starting the upward motion.

Repetition Division

A. Rules of Performance

1. This lift will only have 1 Judge.
2. Head Judge will sit in side Judge position and his count is the Final Count.
3. Feet must stay in same position (starting position).
4. Must be wrapped grip – No thumb less grip allowed.
5. Females will do half of their body weight for reps with the highest number of reps being the winner
6. Males will do their body weight for reps with the highest number of reps being the winner
7. In the event of a tie, the lifter with the heavier weight wins first place
8. Meet director will decide whether to have one overall division or two divisions lightweight and heavyweight
9. All uniform rules apply.

B. Causes for Disqualification of the Repetitions

1. Failure to touch your chest.
2. Failure to lockout completely.
3. Uneven lockout.
4. Touching the bench intentionally with the bar and sliding it up.
5. Seesawing.
6. Failure to keep your buttocks on the bench.

Repetition Challenge

A. Rules of Performance

1. The weights of the Rep Challenge are (135, 225, 215, 405, 495)
2. You must weigh under the Rep challenge weight you want to lift.
3. You may go up to any weight you choose.
4. This lift will only have 1 Judge.
5. Head Judge will sit in side Judge position and his count is the Final Count.
6. Feet must stay in same position (starting position).
7. Must be wrapped grip – No thumb less grip allowed.
8. All uniform rules apply.
9. Women will not have their own division but can enter men's division

B. Causes for Disqualification of the Repetitions

1. Failure to touch your chest.
2. Failure to lockout completely.
3. Uneven lockout.
4. Touching the bench intentionally with the bar and sliding it up.
5. Seesawing.
6. Failure to keep your buttocks on the bench.

RAW POWERLIFTING CLASSIFICATION STANDARDS

RAW WOMEN'S POWERLIFTING CLASSIFICATION CHART * NOTE: Weights Below in LBS.

<i>Wt. Class</i>	97	105	114	123	132	148	165	181	198	198+
ELITE	543	581	623	665	703	773	853	895	960	1012
MASTER	491	529	567	604	637	702	759	815	871	918
CLASS I	440	477	511	543	572	632	684	736	920	825
CLASS II	394	422	454	483	511	562	609	651	698	736
CLASS III	342	370	398	422	445	492	529	572	609	642
CLASS IV	295	319	342	361	384	422	454	487	525	553

RAW MEN'S POWERLIFTING CLASSIFICATION CHART

*** NOTE: Weights Below in LBS.**

<i>Wt. Class</i>	114	123	132	148	165	181	198	220	242	275	275+
ELITE	904	984	1059	1185	1298	1396	1471	1551	1607	1654	1728
MASTER	850	904	974	1087	1190	1279	1354	1476	1518	1518	1594
CLASS I	750	810	871	979	1068	1148	1209	1279	1321	1359	1420
CLASS II	661	712	768	858	937	1012	1068	1125	1162	1199	1251

CLASS III	571	623	670	754	820	881	932	984	1017	1045	1087
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CLASS IV	502	543	586	656	712	768	810	853	890	914	951
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Note: RAW Powerlifting is defined as wearing only a singlet and a weight belt.
The classification standards reflect a lifter's Total. A Total is achieved by adding
A lifter's best Squat, Bench & Deadlift performed in a sanctioned Powerlifting Competition.