GPC RULEBOOK

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General Rules

A- Annual General Meeting

- The Annual General Meeting (AGM) will be arranged by the secretary and will be scheduled during the National Championships. All current members will be notified of the AGM, and will be invited to forward items for inclusion on the Agenda. These items for discussion must be sent to the secretary no later than four weeks before the competition.

- Bids for National Championships must be forwarded to the Secretary in advance of the AGM.
- In addition to the AGM, the Committee and Technical officers may be required to make decisions during the year.
- Rule changes brought in at an AGM and which come into effect at the first competition after the AGM, and will have a lifespan of three years before being eligible for change if required through voting at the AGM.

B - General contest rules

- The Global Powerlifting Committee (GPC) recognizes the following lifts which must be performed in the designated sequence in all applications conducted under GPC rules: Squat / Bench / Deadlift = Total
Single Lift Squat Single
Lift Bench-press Single
Lift Deadlift

- All competitions under GPC rules must be conducted in kilograms.
- The GPC recognizes and registers World & Continental records in kilograms.

- Winner are determined by the highest total in each weight class (no fourth attempts may be included in the total).

- An “Overall Champion” award for Males & Females is to be awarded at larger events, this is determined by the Glossbrenner formula. Only the winners of the weight classes are eligible for this award.

- If two lifters register the same body weight at the weigh-in and eventually achieve the same total at the end of the competition, they will be re-weighed and the lighter person will take precedence over the heavier person. However, if they still weigh the same after re-weighing, they will share the placing, and each receives any award - that is being presented. In such circumstances, should two lifters be in first place, the next lifter shall be placed third and so forth.

C- Age categories

The Age category of a lifter is determined by his/her age on the first day of the championships they are competing in, rather than on the specific day on which they are lifting within the championships.

Teen/Junior/Master lifters can opt to lift in their age category OR the Open. No double age registrations are permitted. Lifters competing in different events eg. Powerlifting & bench press can however opt to lift in their Age Category in some events and the Open in others.

Open:

From 24 years to and including 39 years of age

Master:

From 40 years to 80 and upward

From 40 years to and including 44 years of age
From 45 years to and including 49 years of age
From 50 years to and including 54 years of age
From 55 years to and including 59 years of age
From 60 years to and including 64 years of age
From 65 years to and including 69 years of age
From 70 years to and including 74 years of age
From 75 years to and including 79 years of age
From 80 years upward

Sub Master:

From 33 years to and including 39 years of age.

This division is for record purposes only. Sub masters shall lift in the open division.

Junior:

From 20 years to and including 23 years of age.

Teenage:

From 13 years to and including 19 years of age
From 13 years to and including 15 years of age
From 16 years to and including 17 years of age
From 18 years to and including 19 years of age

- Competitive lifting shall be restricted to competitors aged 13 years and over.

The lifter must have attained minimum age on day of the competition where age limits are imposed.

D- Body weight categories

Men:	Women:
	44.0 kg Class up to 44.0kg
56.0 kg Class from 52.01 to 56.0 kg	48.0 kg Class from 44.01 to 48.0 kg
60.0 kg Class from 56.01 to 60.0 kg	52.0 kg Class from 48.01 to 52.0 kg
67.5 kg Class from 60.01 to 67.5 kg	56.0 kg Class from 52.01 to 56.0 kg
75.0 kg Class from 67.51 to 75.0 kg	60.0 kg Class from 56.01 to 60.0 kg
82.5 kg Class from 75.01 to 82.5 kg	67.5 kg Class from 60.01 to 67.5 kg
90.0 kg Class from 82.51 to 90.0 kg	75.0 kg Class from 67.51 to 75.0 kg
100.0 kg Class from 90.01 to 100.0 kg	82.5 kg Class from 75.01 to 82.5 kg
110.0 kg Class from 100.01 to 110.0 kg	90.0 kg Class from 82.51 to 90.0 kg
125.0 kg Class from 110.01 to 125.0 kg	100.0 kg Class from 90.01 to 100.0 kg
140.0 kg Class from 125.01 to 140.0 kg	110.0kg Class from 100.01 to 110kg
140.0+ kg Class from 140.01 to Unlimited kg	110.0+kg Class from 110.1 to unlimited kg

E - Paralympic Category

- Lifters with disabilities can compete in each age/weight category under a Paralympic category. However, the GPC will not provide specialized equipment for such lifters so they must be in a position to use the standard equipment.
- Lifters with disabilities who can complete all the lifts as per the rules for that lift can opt to lift in the regular category or the Paralympic category. – For example, a lifter who can maintain the position of feet on the floor and body on the bench as per the rules can opt to lift as a Paralympian or not. However, lifters who cannot perform the lift as per the rules due to a physical ailment must compete as Paralympian's.
- Lifters with prosthetic limbs must wear the prosthetic limb(s) when weighing in if they are wearing the prosthetic limb(s) while performing the lift.

F - Transgender Athletes

GPC Australia recognises that Gender is presented on a spectrum and respects the autonomy of the individual and how they identify.

GPC Australia also recognises that discrimination against any member or participant on the basis of gender, sexual orientation, and gender expression is prohibited in Australia according to the New South Wales: Anti-Discrimination Act 1977.

It is necessary to ensure that transgendered athletes are not excluded from the opportunity to participate in sport.

These guidelines are set to guarantee fair competition as stated by GPC rules and regulations, potential restrictions to participation are appropriate only to the point that they preserve this fairness in competition.

Transgender athletes are invited to participate at our events, however according to sportaus.gov.au the Act contains a permanent exemption in relation to 'any competitive sporting activity in which strength, stamina or physique of competitors is relevant.' The objective of the exemption is to restrict competitive sporting activity to people who can 'effectively compete' with each other. This is intended to recognize that 'biological differences between men and women are relevant to competitive sporting activities' It can be understood as ensuring a 'level playing field'

Therefore, those who transition from female to male are eligible to compete in the male category without restriction. Those who transition from male to female are eligible to take part in the female category under the following conditions but are disallowed from breaking women's records or winning a female catergory:

The athlete has declared their identity as female. The declaration cannot be changed, for sporting purposes, for a minimum of four years.

The athlete must have undergone hormone treatment for at least 12 months prior to her first competition (with the requirement for any longer period to be based on a confidential case by case evaluation) Documentation by a medical professional is required.

02. CONTEST OFFICIALS

A- Technical Officer

- The Technical Officer is responsible for attending a technical meeting prior to the competition.

- Before each competition the Technical Officer must satisfy themselves that the referees on duty have a complete knowledge of their role and any new rules or regulations.

- Technical Officers will be responsible for:

- Replacing any referee whose decisions in their opinion prove the referee to be incompetent. The referee concerned will have received a warning prior to any action of dismissal.

- If a serious mistake occurs in the refereeing which is contrary to the technical rules the Technical Officers may take appropriate action to correct the mistake. They cannot overrule or change the decisions of the referees but can grant an extra attempt to the lifter by authorization.

- The platform and competition equipment complies in all respects with the rules.

- Bars and discs are checked for weight discrepancies and defective equipment discarded.

- Equipment is placed correctly on the platform. Both mono and bench must face forward toward spectators.

- Scales work correctly and are accurate.

- The lifters weigh-in within the limits of the body weight categories and within the time frame of the posted weigh-in sessions.

- Any lifter's costume or personal equipment if requested is inspected and approved or rejected.

- That speaker-announcer, timekeeper, marshals/expeditors, scorers, record processor and loaders/spotters understand their duties and the rules that may pertain to them.

B- Referees

- Any GPC referee whom through his/her actions shows bias towards a lifter or partiality will be suspended.

- AT ALL GPC COMPETITIONS REFEREES SHALL BE UNIFORMLY DRESSED.

GPC will supply category 2 and above referees with a polo shirt. Own shorts/pants/skirts must be navy or black, shoes must be enclosed.

- Referees are not permitted to wear jeans, coloured shirts, hats, caps or any bright clothing that may be a distraction while on duty.

- For a competition to be eligible for records, there must be a minimum of two (2) category 2 or higher referees on duty.

- Any national Referee that wishes to take a test to become an International Referee must notify the Technical Officer. They will be placed on a waiting list and notified of the next available opportunity for them to take the test.

National Referees who successfully pass the international written and practical test under the supervision of the World Technical Director or another eligible World Board Member, will qualify to become a GPC International Referee.
There are three categories of International Referee - 3, 2 and 1. Advancement from one category to the next will depend upon the performance of the referee at international level. Only when the Technical Director is satisfied that the referee is fully competent at level 2 will the referee be invited to sit the written examination for GPC International Category 1 referee.
- GPC referees may have their refereeing status revoked upon consideration of their performance and abilities by the Technical Director.
- All international referees, (cat 1, 2 or 3) who do not referee at an international event (an event at which a Category 1 Referee from the Board has been invited to officiate will be considered as an international event in relation to a referee's status) for three consecutive years will be reviewed by the GPC Board on an individual basis and may be required to resit the referees exam if they wish to continue as an international referee.

Referees on duty:

- There will be three referees; a head referee and two side referees.

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

- The head referee is responsible for giving the necessary signals for all three lifts for indicating to the speaker and timekeeper when the bar is ready, for communicating to the

speaker the verification of National Records and any special decisions upon performance decided by the referee.

- The head referee may consult with the side referees, the appointed GPC Contest Officials or other official as necessary in order to expedite or facilitate the running of the competition.

- The head referee must bear in mind the need to be easily visible to the lifter performing the Squat and Dead lift and be positioned accordingly. To avoid any distractions to the lifter the head referee should remain motionless and seated between signals.

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

- The three referees may seat themselves in what they consider to be the best viewing positions around the platform and should remain seated during the execution of the lift; lifters safety shall take priority over anything else.

- The side referee should not impose upon the spotter's duties but should make adjustments to their own seating position and may lean sideways or forward during a lift to obtain the best viewing vantage.

- Side referees during the squat must be positioned to the side or front of the squatter and not to the rear. Spotters for the squat must provide a window for the side referee to view the Squat. Obstructions to viewing must be corrected before the lift begins.

- Side referees have the best view of depth but if its blatantly high the centre referee can red light it but if he has any doubt about it he/she must give white.

- The weight of the loaded bar agrees with the weight announced by the Speaker. Referees may be issued loading charts for this purpose.

- Lifts are credited as "good lift" or "no lift" and all other aspects of the competition run in accordance with the rules of performance.

<u>A referee observes a fault sufficient to give a cause for disqualification of the lift the procedure is as follows:</u>

- The referees may stop the lift for discretionary safety. The head referee shall signal

the lifter with a downward motion of the arm and the audible command of “Down” for the Dead Lift and shall instruct the spotters to take the bar on the Squat and Bench Press, only if safe and appropriate to do so.

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

- If during the lift a spotter unintentionally gets in the way of a referee’s view, so that he does not actually see the lift, the referee should give the lifter a white light, and the spotter is warned.

- Referees shall, if requested immediately following an attempt, explain to a lifter or coach the reason or reasons why a lift was judged “no lift”. All that is required of such an

explanation is an accurate statement, debates will not be entered into, and an explanation will not cause distraction of the referee from the attempt of the next lifter. Referees shall abstain from any other commentary and not receive any document verbal or video account concerning the progress of the competition.

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

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

3- TECHNICAL COMPETITION RULES

A- Power lifts & Rules of Performance

Signals and implementation of the three lifts are as follows:

1. SQUAT

Start: A visual signal consisting of a downward movement of the arm, together with the audible command "Squat". The Audible command MUST be given slightly BEFORE the movement of the arm.
Rack: A visual signal consisting of a backward movement of the arm, together with the audible command "Rack".

- After removing the bar from the Monolift while facing the front of the platform, the lifter must not step either backwards or forwards, however the lifter may adjust their feet outwards or inwards to obtain their chosen stance. The top of the bar shall not be more than 3cm below the top of the posterior deltoids. The bar shall be held horizontally across the shoulders with the hands and/ or fingers gripping the bar, and the feet flat on the platform with the knees locked.

- The lifter shall wait in this position for the head referee's signal. The signal will be given as soon as the lifter is set and demonstrates control with the bar properly positioned. The head referee's signal shall consist of a downward movement of the arm and audible command "Squat".

- Upon receiving the head 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.

- The lifter must return to the start position, without double bouncing, to an upright position with the knees locked. The bar may stop, but there must be no downward motion during the lift. As soon as the lifter has demonstrated a controlled final position, the head referee will give the rack signal after which the lifter must make a legitimate attempt to return the bar to the racks.

- The signal to replace the bar will consist of a backward motion of the arm and the audible command "Rack".

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

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

the collar.

- Not more than six and not less than four loaders/spotters shall be on the platform at the same time during the squat.

- The lifter will be allowed only one commencement signal per attempt.

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

- Once the bar has been replaced in the racks at the completion of the lift and the referees will announce their decisions by means of the lights, white for a "good lift" and red for a "no lift".

Causes for Disqualification of a Squat:

- Failure to observe the head referee's signals at the commencement of the lift.
- Double bouncing or more than one recovery attempt at the bottom of the lift.
- Failure to assume an upright position with knees locked at the start and completion of the lift.
- Failure to bend the knees and lower the body until the surface of the legs at the hip joint is lower than the tops of the knees.
- Any forward or backward step after removing the bar from the Monolift.
- Any resetting/movement of the feet after the squat signal.
- Contact with the bar by the spotters between the referee's signals.
- Contact of elbows or upper arms with the legs.
- Failure to make a legitimate attempt to return the bar to the racks.
- Movement of the feet laterally, backward or forward that would constitute a step or stumble after the squat command.

2. BENCH PRESS

Start: An audible command of "start" is given as soon as the lifter receives the bar at arms' length, elbows are locked, and the person giving the lift out has moved off the platform. This will signal the commencement of the lift.

An audible command of "Press" given AS SOON AS the bar is motionless on the lifter's chest.

Completion: An audible command of "Rack" when the bar has been pressed to straight-arm's length with elbows locked. The lifter must lie backward with shoulders and buttocks in contact with the flat bench surface. The lifters shoes or toes must be in solid contact with the platform or surface. The position of the head is optional.

- To achieve firm footing a lifter of any height may use discs or blocks to build up the surface of the platform, but MUST NOT come in contact with any part of the bench press. Whichever method is chosen, the shoes must be in a solid contact with the surface.

- After receiving the bar at arm's length, the lifter shall wait for the "start" signal and then lower the bar to the chest (not below the sternum) and await the head referee's Press signal.

- Not more than four and not less than two loaders/spotters shall be in attendance. The lifter may enlist the help of one or more of the designate spotters or enlist personal spotters, in removing the bar from the racks.

- A designated spotter having provided a center lift off must immediately clear the area in front of the head referee and move to either side of the platform (or where directed).
If the personal spotter does not immediately leave the platform area and or in any way distracts or impedes the head referees' responsibilities, the referees may determine that the lift is unacceptable and be declared "no lift" by the referees and given three red lights. Failure of any personal spotters to leave the platform may cause disqualification of the lift.

- The spacing of the hands shall not exceed 81cm, measured between the forefingers. The bar shall have circumferential machine markings or tape indicating this maximum grip allowance. If the lifter should use an offset or unequal grip on the bar, whereby one hand is placed outside the marking or tape, it is the lifter's responsibility to explain this to the head referee and allow inspection of the intended grip prior to making an attempt. If this is not done until the lifter is on the platform for an official attempt, any necessary explanation and/or measurements will be done on the lifter's time for that attempt.

- The thumb must be wrapped around the bar. A thumbless grip is not permitted.

- The reverse or underhand grip is permitted.

- The bar must be at straight arm's length and motionless before the lift is commenced.

- The lifter will be allowed only one commencement signal per attempt.

- After the press call has been given, the bar is pressed upward. The bar shall not be allowed to sink into the chest or move downwards at all after the press call is given.
The lifter will press the bar to straight arm's length and hold motionless until the audible command "Rack" is given. Bar may move horizontally and may stop during the ascent but may not move downward towards the chest. Once the bar has been replaced in the racks at the completion of the lift and the referees will announce their decisions by means of the lights, white for a "good lift" and red for a "no lift".

- Head referee, lifter and bench must be facing forward to the crowd.

Causes for Disqualification of a Bench Press:

- Failure to observe the referee's signals of "Start", "Press" and "Rack".
- Raising of the gluteal muscles from the bench (as long as some portion of the gluteal muscles remains on the bench and a referee cannot see straight through the lift is permissible).
- Lateral movement of the hands during the lift (between the referee's signals).
- Any change of position from the feet during the lift.
- If the bar is resting on the stomach below the sternum, or contact with the lifting belt.
- Bouncing the bar off the chest.
- Allowing the bar to sink into the chest after receiving the referee's signal.
- Excessive uneven extension of the bar during or at the completion of the lift as judged by the referees.
- Any downward motion of the bar during pressing the bar to the completion.
- Contact with the bar by the spotters between the referee's signals.
- Any contact of the lifter's shoes with the bench or its supports.
- Deliberate contact between the bar and the bar rest uprights during the lift to assist the completion of the press.

3. DEAD LIFT

Start: No signal required.

Completion: A visual signal consisting of a downward movement of the arm together with the audible command "Down". The Audible command MUST be given slightly BEFORE the movement of the arm.

- The bar must be laid horizontally in front of the lifter's feet, gripped with an optional grip in both hands, and lifted until the lifter is standing erect. The bar may stop but there must be no downward motion of the bar.

- The lifter shall face the front of the platform.

- On completion of the lift, the knees shall be locked in a straight position and the lifter shall be standing erect, (the shoulder will not be forward or rounded. it is not necessary that they be back past the erect position.

- The head referee's signal shall not be given until the bar is held motionless and the

lifter is an apparent finished position.

- Any deliberate attempt to lift the bar will count as an attempt.

- Once the bar has been replaced on the platform at the completion of the lift and the referees will announce their decisions by means of the lights, white for a “good lift” and red for a “no lift”.

Causes of Disqualification of a Dead lift:

- Any downward motion of the bar before it reaches the final position; at the completion of the lift, if the bar settles as the shoulders come back this should not be reason to disqualify the lift.
- Failure to stand erect, (the shoulders will not be forward or rounded. It is not necessary that they be back past the erect position. All be it is permissible).
- Failure to lock the knees and/or hips straight at the completion of the lift.
- Supporting the bar on the thighs in a manner that the lifter can obtain leverage or hitching.
- Movement of the feet laterally, backward or forward that would constitute a step or stumble.
- Lowering the bar before receiving the head referee’s signal.
- Allowing the bar to return to the platform without maintaining control with both hands.

B- Intentional faults

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

- The use of more than one lifting suit or illegal lifting suits.
- The use of more than one supportive undershirt or illegal undershirt.
- The use of more than one pair of briefs.
- The use of more than one pair of wraps or wraps that are more than 5% over length (applies to old wraps only, new wraps must be legal limits).
- Any additions in excess of the prescribed costume and personal equipment.
- Presence of oil, grease, liquids or lubricants other than powder on the thighs for the Dead lift.
- “Sticky” type sprays on the shoes or suits
- Other infractions of similar gravity.

Faults as oversight or genuine mistakes:

- Socks overlaid by or touching knee wraps.

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

C - General

- Blood or other foreign substances appear on the bar or equipment must be rectified immediately using a solution of 1 part bleach with 1 part water. The bar or equipment must be dried and verified as clean.

- No one is allowed on the platform during lifting sessions except the lifter, the designated loaders/spotters, the three referees on duty and any other meet officials as designated if the need arises. Solely these personnel will handle any cleaning, mopping, brushing or adjusting of the platform or equipment.

- Personal non-designated spotters are not permitted on the platform for the Squat or Dead lift. Personal non-designated spotters are permitted to lift-off on the Bench press;
however, once the bar has been correctly positioned at the lifter's arm's length any personal spotter must quickly leave the platform area. Failure to do so will result in disqualification of the lift.

- Coaches shall remain away from the platform; the appointed GPC Contest Officials should define a coaching area.

- The lifter should not receive any help from the spotters in establishing position for an attempt. However, should a lifter stumble or become unstable in setting up for the Squat the spotters should assist in steadying the lifter until control has been regained.

Important exception:
if the lifter has obviously failed with the attempt, is in jeopardy of injury, or the head referee or lifter has requested intervention then the spotters should assume control of the bar and weights and assist the lifter in replacing the bar back on the racks.

- After the "Rack" command is given, the spotters may guide the bar back into the rack, (once the "Rack" command has been given, the lift is officially over).

- Lifters shall wrap and ready themselves for lifting off the platform. Only minor adjustments requiring no assistance may be made on the platform.

- Removing wraps, belts and costume shall be performed **off** the platform.

- Nothing may be applied to the platform, bench or bars such as, but not limited to, oil, grease, other lubricants and liquids, rubs, sprays, powder chalk, talc, resin, and magnesium carbonate.

- Items such as chalk, inhalants, talc, etc. should be utilized with propriety on and around the platform area.

- The weights shall be, and announced in kilograms.

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

- The minimum increase between all attempts shall be 2.5kg, except for record attempts.

- A lifter is permitted **one** change of weight on the opening (first) attempt of each lift. This change may take place at any time, up to five minutes before the start of the first round of that lift. Lifters in following Flights are accorded the same privilege up to five attempts from the end of the previous Flight's final round.

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

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

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

- In single lift meets, an opening attempt may be changed up to five minutes prior to the start of that lifter's flight. Third attempts may be changed as many times as the lifter desires if his or her name has not been called to lift.

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- On the completion of an attempt the lifter shall leave the platform immediately. Failure to comply with this rule may result in disqualification of the attempt at the discretion of the referees.

- Any physical abnormality, handicap, or incapacity of a lifter that may cause,

or potentially cause, an inability to fully comply with the rules should be brought to the attention of, and explained to, the appointed GPC Contest Officials. This should be in
advance of the start of the lifter's flight. The lifter, GPC Contest Officials and the platform referees for the lifter will then confer on the matter to best accommodate any special considerations for the lifter. Deafness, blindness, limb or joint abnormalities that prevent proper straightening or extension are examples for such special considerations.

- If, by reason of misconduct upon or near the competition platform, any lifter or coach is considered to have discredited the sport, such person or persons shall officially be warned. If the misconduct continues the appointed GPC Contest Officials together with the referees
on duty, have the authority to disqualify the lifter and order the coach and the lifter to leave the venue.

- Excessive psyching up techniques (swearing, hitting) shall be limited at the referee's discretion.

- Any lifter or coach who strikes an Official or any other individual at a competition will be banned from all GPC competitions indefinitely.

- All appeals against referee's decisions or conduct, complaints regarding the progress of the competition or against the behavior of any person or persons taking part in the competition must be made to the appointed GPC Contest Officials. This must be done immediately following action of which there is a complaint or appeal.
The appointed GPC Contest Officials will consider all such complaints. If deemed necessary, the appointed GPC Contest Officials may temporarily suspend the progress of the completion to consider the situation fully. After due consideration the complainant will be informed of any decision and any appropriate measures that may be taken. The verdict of the appointed GPC Contest Officials will be considered final and there will be no right or appeal to any other body.

- When athletes do three unsuccessful attempts in any lifts (squat, bench, dead lift) they will be allowed to finish the competition, but they cannot claim a record or a place in the results.

- The use of oil, grease or other lubricants and liquids on the body, costume or personal equipment to aid in the execution of a lift is not permitted. This does not preclude the advanced therapeutic use of liniments, or rubs. However, such items must not be in evidence during platform attempts. Only powder may be used. Powder includes chalk, talc, resin, and magnesium carbonate.

D- Errors in Loading

- If the bar is loaded to a lighter weight than originally requested and the attempt is successful, the lifter may accept the successful attempt at the weight lifted (to the lowest 2.5kg if he weight was unevenly loaded), or elect to take the attempt again at the originally requested weight.
If the attempt is not successful, the lifter will be granted a further attempt at the originally requested weight at the end of the round.

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

- If the weight is not the same on each side of the bar and the lift is successful, rules for overloaded and under loaded bars, as above apply. However, if the attempt is credited to the lifter, and the weight of the bar lifted is not a multiple of 2.5kg (I.e., a 1.25kg plate was on one side only) the weight will be recorded at the lower multiple of 2.5kg. If the lift was unsuccessful the lifter will be granted a further attempt at the weight originally requested.

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

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

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

04. WEIGHING-IN

- All weigh-in sessions and their duration's must be posted and communicated to all lifters and coaches.

- The weigh-ins must be in a private area where only the competitor, the competitor's coach, coach appointee, or manager, and the referees or appointed officials are present. The lifter's recorded body weight must not be made public until all lifters competing in that category have been weighed.

- Referees and officials are not permitted to weigh-in lifters whom they coach.

- The weigh-in of the competitors shall be initiated 24 hours before the start of the sesssion for a particular day.

- Additional interim weigh-in sessions may be provided at the discretion and agreement of the competition Organization Committee and appointed GPC Contest Officials.

- In cases where inclement weather and/or hazardous conditions exist in the area of the venue, extension of weigh-in time shall be determined upon the discretion of the technical officer or appointed GPC contest official.

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

- All non-open lifters must at the weigh in produce proof of birth ID passport, driving license. Non-open lifters who do not produce proof of age will not be allowed to weigh-in.

- Lifters must be weighed nude or in standard underwear (briefs for men, bra and briefs for women).

- The weigh-in procedure must ensure that lifters are weighed only in the presence of their own sex, additional officials may be appointed for this purpose.

- During the weigh-in session's lifters uncertain about items of costume or personal equipment that may be used should have items inspected and verified by the GPC referees.

- Lot numbers will be given in the order of weigh in. Lot numbers also establish the order of the lifting throughout the competition when lifters require the same weights for their attempts, the lowest lot number drawn will lift first.

- Each lifter who successfully makes weight in the category entered may only record their official body weight once. Only those whose body weight is heavier or lighter than the category limits of the category entered can return to the scale. They must return to the scales and make weight during one of the official weigh-in sessions and before the end of the final weigh-in sessions, otherwise they will be eliminated from the competition for that body weight category but may move up or down at the discretion of the officials.

- Lifters trying to make weight may be re-weighed as often as they wish within the allowances of time and the posted weigh-in schedule.

- Official body weights shall be recorded to the nearest tenth of a kilogram.

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

- The lifting schedule & flight breakdown must be published on the relevant social media sites.

05. ORDER OF COMPETITION

- The competition should be organized in a manner of rise so that the competition starts with the light lifters and end with the heavy lifters.

- Lifters should if required check Squat and Bench Press rack heights and foot block requirements during these periods prior to the start of the competition.

- 10 or less lifters in a session must lift in one Flight. 10-15 lifters in a session may be divided into two flights though again one Flight if preferable.

- Over 15 lifters must be split into appropriate Flights. The appointed GPC Contest Officials shall make decisions on such divisions, in conjunction with the competition Organizing Committee.

- In Bench Only events, a flight can consist of a maximum of 20 lifters.

- Wherever possible lifters in the same body weight category should all compete in the same flight.

- Flights should be classified “A”, “B”, “C”, etc. Flight “A” will normally consist of lifters in one body weight category, Flight “B” the next higher body weight category, and so on. Should the number of lifters in any particular category necessitate that category being split into more than one Flight, and then the first Flight should consist of lifters with lower totals than the second Flight and so on, based on previous best total results.
Exception: Competitions combining men and women lifters may make different determinations.

- Where there are multiple Flights, Flight “A” will complete all three rounds of the Squat (all three attempts), then Flight “B” will make all three rounds of the Squat, and so on, repeating the same process for the Bench press and Dead Lift.

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

- If a lifting session consists of a single flight, a 30-minute interval will be taken between lifts in order to ensure adequate warm-up time for raw, 45 minute interval for equipped.

- In the event that the number of lifters in a flight drops to less then 10, there will be an automatic 5 minute rest following the completion of each round.

- All lifters will take their first attempt in the first round, their second attempt in the second round and their third attempt in the third round.

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

- Lifting order in each round will be determined by the lifter's choice of weight per attempt. When two lifters choose the same weight, the lifter with the lowest lot number will lift first.

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

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

- All attempts taken over due to a scorekeeper's error, loaders or spotters' error, or for any other reason, except failure for the lifter to be announced, will occur at the end of the round in which the error occurred, regardless of the progressive advancement of the bar. If such an error occurs to the last lifter in the round, the error will be corrected immediately and the lifter will be given the opportunity to take the attempt over within four minutes of the bar being loaded.

Also, if such an error occurs to the first lifter in a round, and the attempt is repeated at the end of the round with the lifter again the first lifter in the next round, then four minutes will be allowed between the repeated attempt at the end of the round and the next attempt by the same lifter at the beginning of the following round. These are two of the rare occasions when lifters will follow themselves.

- A lifter is permitted one change of weight on the first attempt of each lift. This change may take place at any time, up to five minutes before the start of the first round of that lift. Lifters in following Flights are accorded the same privilege up to five attempts from the end of the previous Flight's final round. The speaker will announce prior notice of these deadlines. Oversights in making these announcements should not be at the jeopardy of the lifter. The three platform referees or GPC Contest Officials shall rule on such discrepancies that arise.

06. COSTUME & PERSONAL EQUIPMENT

- On the platform the lifter's costume and personal equipment visually meet acceptable standards and are within the rules.

- Costume and personal equipment must not portray indecency or be offensive to the spirit of the competition.

Inspection of costume & personal equipment:

- At all competitions inspection of costume and personal equipment will take place prior and during lifting & be conducted by a Technical Officer/Referee.

- It will be the lifters responsibility to present the costume/equipment in accordance with the rules.

- Inspections may also be made at any time prior to lifting by one of the appointed GPC Contest Officials or GPC Referee. Any conjecture or doubt about the legality of any such items shall be referred to the appointed GPC Contest Officials.

- Items of personal attire not covered in the rules governing costumes and personal equipment such as: headbands, mouthpieces, ribbons, eye wear and feminine hygiene articles are permitted.
Exception: hats, bandanas or headbands worn as to cover the head as a hat are not permitted to be worn on the platform.

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

- It is the lifter's responsibility to be aware of the regulations regarding legal and illegal equipment. A lifter who is blatantly found to be cheating in relation to equipment will be disqualified from the competition.

- Further inspection of Costume/Equipment will take place on the platform after a record is broken.

Squat / lifting suit

EQUIPPED

- A lifting suit (Squat/Deadlift suit) can be worn. It must be an individual full-length article of fabric. Its construction may consist of multiple plies to any thickness but must be a singular component. The straps must be always worn over the shoulders while lifting in

competition. It may be of any colour or colours. The length of the leg, when worn must not exceed beyond mid-thigh (medial point between crotch and top of kneecap).

- Equipped suits with zips or which can be laced up or have Velcro on places other than the straps are illegal

- Reasonable patching to repair tears is permitted, but the number and placement of the patching shall not be designed to increase, enlarge or enhance the body's natural musculature, or to alter the design of the suit.

- Only one lifting suit may be worn.

- One shirt (of a design consistent with what is commonly called a T-shirt) with sleeves must be worn under the squat / lifting suit.

- Lifters competing equipped may opt to wear a leotard (with or without briefs underneath) instead of a Squat/Deadlift Suit.

- The Inzer Leviathan Ultra Pro Suit which can be both zipped up and tied up is not permitted in the GPC. *(2015 amendment)*

Briefs

- A pair of briefs of any design may be worn in the Equipped section provided that the length of the legs do not extend longer than mid thigh, (permitted length for suits). They may extend lower than the leg of the suit providing that neither exceed mid thigh. They be of any height on the torso under the suit.
- The briefs must be individual articles of fabric. The construction may consist of multiple plies to any thickness but must be a singular component.
- Only one pair of briefs may be worn under the squat / lifting suit.

RAW

A leotard must be worn for all three lifts. It must be an individual full-length article of cloth fabric, single ply and must not be made of supportive material. The straps must be always worn over the shoulders when lifting in competition. It may be of any colour or colours. The length of the leg when worn must not exceed beyond mid-thigh (medial point between crotch and top of kneecap). A t-shirt must be worn underneath the leotard.

- No Squat Suits/Deadlift Suits may be worn when lifting Raw.
- No Briefs may be worn under the leotard when lifting Raw.
- Sleeves must not exceed 7mm thickness
- Only one leotard may be worn.
- Leotards must not have sleeves or high cut leg lines.
- Leotards which contain zips are not permitted.

EQUIPPED

Bench Shirt

The bench shirt must be an individual article of fabric, its construction may consist of multiple plies but as a whole be a singular component

- Reasonable patching to repair rips or tears is permitted but the number and placement shall not be designed to increase, enhance or alter the design of the shirt.

- The collar of the shirt may be open at the back, the back of the shirt may also be open but not excessively. In this case, the skin of the back must be covered by additional material sewn into the shirt and if need be secured by velcro straps or a shirt of a design consistent with what is commonly called a t-shirt with or without sleeves may be worn under the shirt to cover the skin of the back.

- T-shirts may not be worn under closed back shirts.

- The sleeves of the bench shirt must remain above the elbow when worn and the shirt must cover the armpits fully at the front of the torso, the shirt may be any color or colors.

- Lifters can opt to lift in the equipped section of the bench press wearing a t-shirt rather than a bench shirt.

- F8 Category – Single Lift Bench only.
- (F8 is a new division and F8 shirts cannot be worn in equipped bench press or equipped powerlifting)
- Shirt Description:
- -Multi-Ply Bench Shirt, following specifications of the F-8 blueprint, front delt and
- top of shoulder must be covered , chest and abdominal area also covered, by
- said multi-ply Bench shirt, back can be Velcro or full back but must be covered,
- sleeves must be above the elbow after shirt is seated.

-

RAW

- A t–shirt with sleeves of a non-supportive/stretchy material must be worn under the leotard.

- No Bench shirts of any description are to be worn in raw competitions.

EQUIPPED

Wraps

- The fabric nature shall be elastic weave primarily of polyester, cotton or medical crepe singly or in combination. Wraps of rubber or rubberized substitutes are not

permitted except as noted for the elbows.

- Wraps, maybe joined together, but the fabric may not overlap i.e., they must be joined end to end only.

Wrist: Wraps not exceeding 1m in length and 8cm in width may be worn, they may have a thumb loop and Velcro patch for securing them the thumb loop must be removed before lifting. The wrist wrap shall not cover more then 10cm from the wrist joint towards the armpit and 2cm from the wrist joint towards the knuckles.

Knees: Wraps not exceeding 2.5m in length and 8cm in width may be worn. Alternatively, elasticized knee supports (sleeves) not exceeding 30cm in length may be worn. A combination of the two is not permitted. A knee wrap shall not extend beyond 15cm above and 15cm below the center of the knee joint. Knee wraps shall not touch the socks or lifting suits.

Elbows: Elbow sleeves or elbow wraps may be used in equipped lifting only, and are permissible on the squat and deadlift only.

RAW

- In raw competitions, wrist wraps may only be worn on bench press and squat.
- No Elbow wraps to be worn in raw competitions.
- Knee wraps or sleeves may be worn in the squat.

RAW & EQUIPPED

For Belt, Socks, Footwear & miscellaneous items, the same regulations apply for Raw & Equipped.

Belt

- All competitors may wear a belt. If worn, it shall be on the outside of the lifting suit/leotard.
- Width of belt to be a maximum of 10cm.
- Thickness of belt to be a maximum of 13mm, along the main length.
- The main body shall be made of leather in one or more laminates that which may be glued and/or stitched together, or of cloth, vinyl, or nylon with no metal materials allowed in belt except as noted below.
- It shall not have any additional padding, bracing, or supports of any material either on the surface or concealed within the laminates of the belt.

- A metal buckle, studs and stitching are the only non-leather components permitted. The buckle shall be attached at one end of the belt by means of studs or stitching.

- The belt shall not have any inflatable component on or within any of its surfaces.

- A leather, cloth, vinyl or nylon tongue hoop shall be attached close to the buckle by means of studs and/or stitching.

- The lifter's name, the name of the nation, state or club may appear on the outside of the belt.

- A one or two prong buckle as well as the lever action-fastening device may be used.

Socks

- Socks may be worn; when worn they may not extend over the knee or on the legs so that they touch any knee wrapping or knee support. Full-length leg stockings, tights, or hose are not permitted.

- Only one pair of socks may be worn.

Footwear

- Footwear more substantial than basic socks must be worn. The only restrictions to such footwear are that no metal cleats or spikes are permitted.

Plasters

- Two layers of plasters, Band-aids or tape may be worn on the thumbs, but nowhere else without official permission of the referees or appointed GPC Contest Officials. No plasters or tape may be utilized as a strap to help the lifters hold the bar. The Band-aids or tape must not cross joints.

- With the permission and supervision of the referees, the appointed GPC Contest Officials, the official doctor, or assigned paramedic, the lifter may apply spot plasters, bandages, tape or band aids to muscle injuries on the body. Similarly strip plasters, tape or band-aids may be applied to injuries on the inside of the hand but in no circumstances must these applications extend around the back of the hand.

- Lifters may not use KT Tape (Kinesiology Tape) as a strapping.

Health issues

- Should blood or other foreign substances appear on the lifter, it must be rectified immediately. A wound must be cleaned, and a patch or bandage applied so as to prevent further contamination of the bar or equipment.

Special considerations:

- Women may wear additional protective briefs or panties. Women may also wear a bra provided it contains no special support.

- Plastic or fabric shin guards may be worn but must not extend to a point higher than the lower border of the patella and not lower than the superior border of the ankle joint.

General

- All articles of lifters costumes and personal equipment shall be clean and generally neat and presentable. In the discretion of the referee, a lifter will not continue in the competition if this provision is not met.

- Emblems, logos or inscriptions on the lifters suit, shirt or belt that which is offensive or liable to bring the sport in disrepute is not allowed.

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

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

07. NATIONAL RECORDS

At any local, or State and National Championship recognized by the GPC, National records will be accepted provided that:

- The competition must be conducted under GPC rules or a national variation or the rules accepted by the GPC.

- Two category 2 (or the nations equivalent) are present.

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

- For Teenage, Junior (under 24) and Master National records proof of age must be satisfactorily established and attested to by the adjudicating GPC referees. If such proof was not available when the record was established, it is the lifter's responsibility to furnish such proof (copy of birth certificate, passport, or driver's license) independently before the record can be ratified.

- If in any competition recognized by the GPC, a lifter is successful with an attempt that falls within 20kg of a current national record the lifter may request a fourth attempt that exceeds the record. Such an attempt will be registered outside the competition. Additional attempts will not be permitted.

- Master, Junior or Teen lifters who exceed the existing Open record will be awarded the Open record in addition to the record in their age class. Current records will be adjusted to reflect this.

- Lifters competing in full powerlifting competitions may not break single lift bench press or Deadlift records.

- Lifters competing in single lift events may not break the bench press or deadlift records with the full powerlifting records.

- Lifters must make a total to have any records recognized within the full powerlifting records.

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

- For a National record attempt, a lifter may request on any attempt a weight that exceeds the current record by at least 500 grams. If the lift is successful, only the lower closest multiple of 2.5kg will be recorded on the score sheet and the exact weight will be recorded on the record application.

- New individual lift records are only valid if they exceed the previous record by at least 500 grams. Fractions of 500 grams must be ignored, e.g.- 87.75kg would be registered as 87.5kg.

- No fourth attempts may be included in the total. Records set on individual lifts will only be valid if the lifter makes a total in the competition.

- Records set in competitions which contest one lift only shall not be considered as GPC National powerlifting records.

- If a lifter attempting a fourth attempt for a National record is one of the last four lifters of the flight in the third attempts, they will received up to 3 additional minutes rest prior to their fourth attempt.

- The very last lifter of the flight requesting a fourth attempt will have 3 minutes because they are following themselves, plus the additional 3 minutes = a total of 6 minutes.

08. COMPETITION ORGANIZER

A- Referees

It is the responsibility of the meet director to organize and ensure the appropriate referees are in place for their event.

B- Competition Organization

- The use of a uniform system (software - NextLifter) for running the

contest Will appoint the following officials:

1. MC
2. Timekeeper (Preferably a GPC referee)
3. Referees
4. Loaders/Spotters

Responsibilities of these officials are:

The MC

Is responsible for the efficient running of the competition, and acts as Master of Ceremonies. When the bar is loaded and the platform cleared for lifting, the head referee will indicate the fact to the speaker, who will in turn announce that the bar is ready and call the lifter to the platform. Attempts announced by the speaker should ideally be displayed upon some type of scoreboard erected in a prominent position. The speaker is also responsible for announcing the deadlines that pertain to the Round System, the approach of the time limit for changing first attempts, 5 minutes before the commencement of a first Flight, 5 attempts before the commencement of a following Flight.

The timekeeper

Is responsible for accurately recording the time laps between the announcement that the bar is ready and the referee's signal for the commencement of the attempt by the lifter. The timekeeper is also responsible for recording other time allowances whenever required, e.g. the 6 minutes a lifter will get if following themselves.

Loaders/Spotters

Are responsible for loading and unloading the bar, adjusting squat or bench rack requirements as necessary, cleaning the bar or platform upon request and agreement of the head referee, and generally ensuring that the platform is well always maintained and of a neat and tidy appearance. Blood or other foreign substances appear on the bar or equipment must be rectified immediately using a solution of 1 part bleach with 1 part water. The bar or equipment must be dried and verified as clean.

Additional officials

Will be appointed as required, or by need Doctors, Paramedics, etc.

C- Technical Checklist

Lifting area

- □ Boundaries of the lifting area must be marked clearly for the knowledge of the officials, lifters and spotters. It is recommended that this area will be at last 7m long x 5m broad
- □ Coaches shall not be allowed at the back or sides of this area.
- □ A scoreboard, preferably an overhead projector to replace the scoreboard.
- □ Table and seats near the platform for, announcer, record and timekeeper, computer operator, etc…
- □ A table and chairs for the Technical Officers.
- □ A table for display of trophies

Platform

- □ All lifts shall be carried out on a platform not less than 2.4m x 2.4m and secure enough to ensure the safety of the lifter, spotters and loaders.
- □ The surface of the platform must be firm, non-slip and level with no discernible seams in the vicinity of the general lifting area. Rubber mats or similar sheeting materials are permitted.
- □ Loose mats or similar sheeting materials are not permitted.

Platform equipment

- □ Take into account the possibility that in today's competition that the bar can be loaded in the excess of 500kg.
- □ Mono-lift with safety straps, adjustable bench with crash bars, and disc racks.
- □ Bars (of which there must be one specialized squat bar, and 1 specialized deadlift bar)
- □ Record fractional plates, 2 x 1kg, 2 x 0.5kg, 2 x 0.25.

- □ Foot blocks for benching.
- □ Winner's podium, 1, 2 & 3rd place.
- □ Box with adequate supply of chalk.
- □ Cleaning materials, (broom, mop, vacuum cleaner, and towel).
- □ Scrubbing brush for cleaning the barbell.
- □ A disinfecting solution or similar for disinfecting the barbell.
- □ Seats (3) for the referees.
- □ A lighting system for scoring (white, red light).
- □ A lifting attempt board, showing the actual weight on the bar.
- □ A clock, visible for lifters, showing the remainder time.

Warm up area

- □ The warmup area should be at least 100 m2.
- □ A minimum of 2 platforms.
- □ Two adjustable benches.
- □ A minimum of 1 Mono-lift with safety straps, and another squat rack.
- □ Each platform equipped with suitable Squat, Bench, and Deadlift bars.
- □ An adequate number of weight plates and safety collars to accommodate the amount of lifters.

Weigh in room

- ☐ A certified weight scale, (preferable digital), certified in the last 2 years of competition date.

D- Equipment & Specifications

Bars, Plates & collars

Only bars and weight plates that meet all specifications can be used throughout the entire competition and for all lifts. The use of bars or plates that do not conform to specifications will invalidate any records that may have been accomplished.

Different bars suited to particular lifts may be utilized providing that they conform to the specifications.

Specifications:

The bar must be straight, well curled and grooved, and shall conform to the following dimensions:

1. Total overall length not to exceed 2.2m, except for specialized squat and deadlift bar.
2. Distance between the inside collar is not to exceed 1.32m or be less than 1.31m except for specialized squat bar and deadlift bar.
3. Diameter of the bar is not to exceed 29mm, except for specialized squat bar (35mm)
4. Diameter of the bar is not to be thinner then 28mm, except for the specialized deadlift bar which must be no thinner than 27mm.

5. Weight of the bar and collars are to be 25kg, except the specialized squat bar and collars which are to be 30kgs
6. Specialized squat bar shall have a maximum diameter of 35mm; and a maximum overall length of 2400mm
7. Specialized deadlift bar shall have a minimum diameter of 27mm; and a maximum overall length of 2400mm
8. Diameter of the sleeve 49.5 - 52mm.
9. There shall be circumference machine markings on the bar to measure 81cm between marking centers

Weight plate dimensions:

The diameter size in the middle of the disc shall be such that the disc fits on the bar without excessive play.

All discs used in competition must weigh within 0.25% of their correct face value.

Discs must be of the following range 1.25kg, 2.5kg, 5kg, 10kg, 15kg, 20kg, 25kg, 45kg, and 50kg.

For record setting purposes discs of 0.5kg and 0.25kg should also be available.

Discs must be clearly marked with their weight and loaded in the sequence of heavier disc innermost with the small discs in descending weight.

The first and heaviest discs loaded on the bar must be loaded faces in; with the rest of the discs loaded face out as weight is loaded.

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

Discs conform to the following color-coding 10kg and below any color; 15kg yellow; 20kg blue; 25kg red; 45kg gold; 50kg green.

Collars:

Must be used at every competition.
Must weigh 2.5kg each.

Mono-lifts:

Mono-lifts shall be of a sturdy construction and provide maximum stability. The base shall be of such design that it does not impede the lifter or the loaders / spotters.

The design of the mono-lift shall allow adjustments that accommodate all lifters.

Height adjustments should be at incremental stages not exceeding 5cm.
For extra safety all mono-lifts should be capable of being secured at the required height by means of pins.
It is compulsory in all GPC competitions that safety straps are used for mono lifts on both the platform and warm up mono lifts. The safety straps must have a suitable safety rating. Safety straps must be adjustable.

Bench:

The bench shall be of sturdy construction and maximum stability, crash bars are compulsory in all GPC competitions. The bench must conform to the following dimensions.

1. Length: not less than 1.2m and shall be flat and level.
2. Width: 29-32cm.
3. Height: 42-45cm measured from the floor to the top of the padded surface of the bench without being depressed or compacted.

The height of the uprights on adjustable benches should be from a minimum of 82cm to a maximum of 100cm measured from the floor to the bar rest position.

The minimum width between the insides of the bar rests shall be 1.10m.

Lights

A system of lights shall be provided whereby the referees make known their decisions.

Each referee will control a white and red light, representing a “good lift” or “no lift” respectively.

The lights must be wired in such a way that they light up together and not separately when activated by the three referees.

It is preferable that the lights be arranged horizontally corresponding with the positions of the three referees.

For emergency purposes like a breakdown in the electrical system, the referees should also be provided with small white and red flags with which to make known their decisions or using thumbs up or down.

Scoreboard

A proper detailed scoreboard visual to the officials and competitors, and all concerned with the progress of the competition must be provided.

Appendix 1 – GPC Code of Conduct

CODE OF CONDUCT

GPC Australia defines this as what is considered good and proper behavior.

It reflects the values held by a group. These values are organised into a series of core principles that contain standards of behavior expected of members while they perform their duties. It can also be used as a benchmark to assess whether certain behaviors are acceptable.

With this new code, GPC Board Members must act with integrity and honesty and be diligent and loyal to GPC Australia.

The guide lays out parameters and members cannot claim to be unclear about them because it is a term and condition of office.

We cannot expect others to adhere to high ethical standards if we do not do so ourselves.

We cannot expect proper conduct on social media or the platform if we do not have good governance within the board members of the GPC.

It is important to not act on impulse when you're about something that is bigger than yourself.

The GPC is committed to excellence and to the honor and integrity of competitive powerlifting.

We seek to provide a fair platform for competition that requires all members to hold sportsmanship, honor and respect to the highest regard.

Officials who are found to have breached these codes of conduct & ethics will be given a warning. Subsequent breaches may lead to suspension or dismissal from GPC Australia.

Appendix 2 – GPC Code of Ethics

CODE OF ETHICS

All athletes, coaches, officials, organizers, volunteers, employees, directors and officers of the GPC have a responsibility to:

1. Take reasonable steps to manage the consumption of alcohol in social situations associated to GPC Australia events.

2. Refrain from any behavior that constitutes harassment which is defined as cruel, humiliating, intimidating, offensive or physically harmful. This also includes rude and vulgar language which will not be tolerated.

3. Maintain a no tolerance policy on discrimination and sexual harassment.

4. Always comply with bylaws, policies, rules and regulations of GPC Australia as adopted and amended from time to time.

5. Maintain & enhance the dignity, self-esteem and wellbeing of members and athletes of GPC Australia

    - Focusing comments or criticism appropriately and avoiding public and social media criticism of athletes, coaches, officials, organizers and volunteers.

    - Ensuring that all meets provide for the safety and wellbeing of all participants.

6. Officials who are found to have breached these codes of conduct & ethics will be given a warning. Subsequent breaches may lead to suspension or dismissal from GPC Australia.