

GPCNZ RULEBOOK
2023



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01. GENERAL RULES

a. Subscription & fees

A yearly Global Powerlifting Committee New Zealand (GPCNZ) Membership fee shall be paid to remain as a member of GPCNZ in a financial capacity. Membership is then valid from the date of payment up to but not including the same date of the following year. This fee is nominated by the Committee and may fluctuate depending on situation. You must be a financial member of GPCNZ to lift as a "member" and to set National or International Records.

Exceptions

A person who chooses to purely act as a referee for GPCNZ or is appointed to the GPCNZ Committee and does not enter in competitions is granted an honorary membership in GPCNZ. Should said person wish to lift in a competition they will have to pay the membership fee and become a financial member.

b. General contest rules

The Global Powerlifting Committee New Zealand (GPCNZ) recognizes the following lifts which must be performed in the designated sequence in all applications conducted under GPCNZ rules:

Squat / Bench / Deadlift = Total

Single Lift Squat

Single Lift Bench Press

Single Lift Deadlift

Single Lift F8 Benchpress

Best Open lifter award to be awarded subject to Glossbrenner Formula.

Best Junior/Master lifter awards to be awarded subject to Age Adjusted Glossbrenner Formula.

If there is a Best Overall Lifter for the competition in question it shall be awarded subject to Glossbrenner Formula.

The highest total of the best attempts of each lift will result in a Total. Winner of each class will be determined by highest Total, (no fourth attempts may be included in the total).

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 day he/she is competing. 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

Male	Female
	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	100.0kg Class from 90.01 to 100.0kg
140.0 kg Class from 125.01 to 140.0 kg	110.0 kg Class from 90.01 to 110.0 kg
140.0+ kg Class from 140.01 to Unlimited kg	110.0kg+kg Class from 110.01 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 New Zealand recognises that Gender is presented on a spectrum and respects the autonomy of the individual and how they identify. This is reflected in this organisation and is in accordance with the binary class of female and male competition categories.

It is necessary to ensure that transgendered athletes are not excluded from the opportunity to participate in sporting competition, and are celebrated in the spirit of competitiveness and inclusiveness.

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.

These guidelines are in accordance with the International Olympic Committee guidelines that state that these areas are taken into account when determining eligibility to compete in female and male categories:

- Those who transition from female to male are eligible to compete in the male category without restriction. IOC Consensus Meeting on Sex Reassignment and Hyperandrogenism November 2015.
- Those who transition from male to female are eligible to compete in the female category under the following conditions: IOC Consensus Meeting on Sex Reassignment and Hyperandrogenism November 2015
 - The athlete has declared that her gender identity is female. The declaration cannot be changed, for sporting purposes, for a minimum of four years.
 - The athlete must have undergone hormone treatment (if medically indicated) 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, considering whether 12 months is a sufficient length of time to minimize any advantage in women's competition). Documentation by a medical professional is adequate.
- To make this guideline more inclusive, transgendered people who are not taking hormones (medically contraindicated or otherwise) will go under complete confidential review.

ADDITIONAL CONSIDERATIONS:

- It is the athlete's responsibility to:
 - In order to avoid challenges to transgender participation at competitions, the athlete who has completed, plans to initiate, or is in the process of taking hormones as part of a gender transition must submit notice to the GPC Board of their intent. The notice must include a letter from the athlete's physician documenting the transition status along with any prescribed hormone treatment if applicable.
- It is the Board's responsibility to:
 - All discussions about an individual athlete's transgender identity and the physician's medical documentation provided in accordance to this policy, shall be maintained confidential unless the athlete makes a specific request otherwise.

02. Referees

- Referees are under the responsibility of the Technical Director.
- Category 4 Referees are Referees who have passed their Theory Exam and are awaiting to sit their Practical Exam. They must have a Category 2 (or higher) Referee sit with them during their Practical Exam.
- Category 3 Referees are Referees who have passed their Theory and Practical Exams. They may side ref at a Novice or Regional competition solo. They must have a Category 1 (or higher) Referee sit with them during their Category 2 Exam, in which they will head ref a Novice or Regional competition.
- Category 2 Referees are Referees who have passed their Category 2 exam, They may head ref a Novice or Regional competition, or side ref a National competition solo. They must have the Technical Director or an Internationally Qualified Referee sit with them during their Category 1 Exam, in which they will head ref a National competition.
- Category 1 Referees are the highest national referee qualification available. They may head or side ref at any level of national competition.
- GPCNZ referees may have their refereeing status revoked upon consideration of their performance and abilities by the Technical Director.
- All referees, (Cat 1, 2 or 3) who do not referee at an event for two consecutive years will be reviewed by the GPCNZ Board on an individual basis and may be required to re-sit the referees exam if they wish to continue as a referee.
- Any GPC referee whom through his/her actions shows bias towards a lifter or partiality will be suspended.
- Before a national Referee is nominated to sit the International Referees exam by their nation, they must have attended an International GPC event at least one year beforehand, either as a competitor or a spectator.
- 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 will no longer retain the status of International Referee.

Referees on duty:

- There will be three referees the 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 world 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; 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 position, and leave their seat if necessary, 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 a Squat is blatantly high the Head Referee is permitted to make a judgement based on depth. But if he/she has any doubt about it he/she must give white.
- It is the Head Referee's responsibility to ensure the weight of the loaded bar agrees with the weight announced by the Speaker. Referees may be issued loading charts for this purpose if necessary.
- Lifts are credited as "good lift" or "no lift" and all other aspects of the competition run in accordance with the rules of performance.

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

- 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 the Squat or Bench Press, if any of the referees do not accept any aspect of the setup of the lifter, they will call the head referee's attention to the fault. If there is a majority opinion among the referees that a fault exists, the head referee will not give the signal to commence the lift and will inform the lifter to "Rack" the bar. A head referee sees a fault that may not be visible to the side referees, e.g. hands holding the collars or discs on the Squat or a grip in excess of 81cm on the Bench Press, may act alone in informing the lifter to "Rack" the bar. If requested, it is required of the head referee to quickly confirm the nature of the fault and to explain this to the lifter or coach. The lifter will be reminded within his remaining time that he can repeat his attempt with the fault corrected. Note: for the above reasons it is important that the timekeeper stops timing the attempts on the Squat and Bench Press only when the lifter has received the commencement signal.
- 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 head referee.

- Procedure when a referee is blocked out of viewing a lift in progress. 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 informed.
- Referees shall, if requested, 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.
- Any request by a lifter or coach about a referee's call must be brought up prior to the lifter leaving the marked platform area. After the lifter has left the platform, the decision may not be questioned.
- 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 head referee's discretion. Should the same infraction be repeated after a warning, the attempt shall be disqualified. Should infractions be deemed as a purposeful intention to cheat, the lifter shall be disqualified from the competition.

03. TECHNICAL COMPETITION RULES

a. Power lifts & Rules of Performance

1. SQUAT

Start: A visual signal consisting of a downward movement of the arm, together with the audible command "Squat".

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 anterior deltoids. The bar shall be held horizontally across the shoulders with the hands and/or fingers gripping the bar, and the feet flat upon 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 may recover at will, without double bouncing, to an upright position with the knees locked. The bar may stop, but there must be no downward motion during the upward portion of 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 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 may enlist the help of spotters in removing the bar from the racks; however, once the bar has cleared the racks, the spotters shall not physically assist the lifter with regards to actually getting into the proper set position. The spotters may assist the lifter to maintain control should the lifter stumble or demonstrate any evident instability. If the commencement signal "Squat" has not been called, the lifter may rerack and un-rack again, time permitting.
- 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 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 or to rack the bar.
- 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 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; (rocking the feet between the ball and the heel is permitted).
- Any intentional dropping or dumping of the bar.

2. BENCH PRESS

Start: An audible command of “start” is given as soon as the lifter receives the bar at arms’ length and demonstrates control of the bar.

Press: 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 and the lifter demonstrates control of the bar.

- The lifter must lie backward with shoulders and buttocks in contact with the flat bench surface.
 - The elected position of the buttocks shall be maintained throughout the attempt. The lifter’s 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. Whichever method is chosen, the shoes must be in a solid contact with the surface. If blocks are used, they shall not exceed 45cm x 45cm.
- The lift off must be to arm’s length and not down to the chest.
- After receiving the bar at arm’s length, the lifter shall wait for the “start” signal and then lower the bar to the chest and await the head referee’s Press signal.
- No 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 personal spotter having provided a center lift off must immediately clear the platform area. The head referee will not give a start signal until only designated platform crew are on the platform. 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.
- A designated spotter after providing a center lift off will immediately clear the area in front of the head referee to allow the head referee to carry out their duties and to minimize dead time with no start call. They may remain beside the head referee or off to the side of the bench to assist in the case of a failed lift, as long as they do not interfere or hinder the referees or lifter in any way.
- 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 signal to commence the lift has been given, the bar is pressed upward. The bar shall not be allowed to sink into the chest or move downwards prior to the lifter’s attempt to press upward. 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”.

Causes for Disqualification of a Bench Press:

- Failure to observe the referee’s signals of “Start”, “Press” and “Rack”
- When arms are not straightened and motionless before the lift was commenced.
- Any change in the elected lifting position or the raising of the buttocks, (as long as some portion of the buttocks 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 the foot’s contact point with the ground during the lift.
- Any lateral movement of the feet.
- 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 the course of pressing out.
- 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.

3. DEAD LIFT

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Start: No signal required.

Completion: A visual signal consisting of a downward movement of the arm together with the audible command “Down”.

- 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.

- Any deliberate attempt to lift the bar will count as an attempt. Pulling tension on the bar or using the bar to assist getting into position does not necessarily count as an attempt.
- 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 in an apparent finished position.
- On the completion of the lift and the after the referee's "Down" signal, the lifter shall maintain control of the bar down to the ground with both hands still on the bar.
- 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 straight at the completion of the lift.
- Supporting the bar on the thighs in a manner that the lifter can obtain leverage through ramping 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 knee or wrist wraps, or wraps substantially over regulation length.
- Any additions in excess of the prescribed costume and personal equipment.
- Presence of oil, grease, liquids or lubricants other than talcum/baby powder on the thighs for the Deadlift, or powdered chalk on the hands for any of the three lifts.
- 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 back from the platform; the appointed GPC Contest Officials should define a coaching area.
- When the lifter prepares for an attempt, the loaders/spotters may assist in removing the bar from the racks. They may also assist in setting up for a squat should the lifter stumble or lack good control, and in replacing the bar after the attempt. However, they shall not touch the lifter or the bar during the actual attempt, i.e. during the period of time between commencement and completion signals from the head referee.

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. Lifter safety takes priority.

- Other than initial removal of the bar from the racks the lifter should not receive any additional 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.
- 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 purposely applied to the platform, bench or bars (oil, grease, other lubricants and liquids, rubs, oil, liquids, or sprays. Powder includes chalk, talc, resin, and magnesium carbonate.)
- Items such as chalk, inhalants, talc, etc. should be utilized with propriety on and around the platform area.
- In competitions under GPC jurisdiction the weights used must be in kilograms. The barbell must always be a multiple of 2.5kg, unless a National record is being attempted, in which case 0.5kg increments may be used if available.
- The weights shall be announced in kilograms.
- In all competitions the weight of the barbell shall consist of the heaviest discs available that make up a particular weight.
- 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.
- 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's next attempt will be entered as a 2.5kg increase from their previous successful attempt.
- Weights submitted for second and third attempts on the Squat and Bench Press cannot be changed.
- In the Deadlift, 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. The changes to weight must also still follow the "rising bar" principle in that the change of attempt cannot be below what has already been attempted that attempt round.
- 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 as long as his or her name has not been called to lift.
- On the completion of an attempt the lifter shall leave the platform within thirty seconds. 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, GPCNZ Contest Officials and the platform referees for the particular lifter will then confer on the matter to best accommodate any special considerations for the lifter. Deafness, blindness, limb or joint abnormalities that prevent proper straightening or extension are examples for such special considerations. The lifter shall also remind the head referee each time they take an attempt of their condition so as to save any miscommunications.
- 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 GPCNZ 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. The team manager must be officially informed of both warning and disqualification.
- 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 GPCNZ 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 will be made to the appointed GPCNZ Contest Officials. This must be done immediately following action of which there is a complaint or appeal. The appeal must be backed by the team manager and/or coach and presented in the presence of either or both.
- The appointed GPCNZ Contest Officials will consider all such complaints. If deemed necessary, the appointed GPCNZ Contest Officials may temporarily suspend the progress of the competition 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 GPCNZ Contest Officials will be considered final and there will be no right of appeal to any other body.
- When athletes do three unsuccessful attempts in any lifts (squat, bench, dead lift) they may be allowed to finish the competition at the discretion of the GPCNZ Officials and the Head Referee, 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, and magnesium carbonate. Spray or liquid may not be used.

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, 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.
- 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.
- 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.
- 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 discretion of the referees on duty.
- If the speaker makes a mistake by announcing a weight heavier or lighter than that requested by the lifter, the head referee will make the same decisions as for loading errors.
- All attempts that are repeated for the above reasons will be at the end of the round in which the error occurred.

- If a lifter misses an attempt because the speaker failed to announce the lifter's name at the appropriate time or weight, the weight will then be reduced to allow the attempt within the round. Should this discovery disrupt the anticipation of any preparing lifters, such lifters may be granted extra time in which to prepare again, this shall be at the discretion of the referee on duty.

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 particular category have been weighed.
- Referees and officials are not permitted to weigh-in lifters whom they coach
- There will be at least one weigh-in session the day prior to lifting, and one weigh-in session on the day of lifting. Any additional weigh-in sessions are at the discretion of the meet director and GPCNZ Officials available.
- The weigh-in of the competitors shall be initiated no earlier than 24 hours before the start of the competition.
- 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 GPCNZ appointed official.
- All age class lifters must at the weigh in produce proof of birth ID, passport or driver's license. Age class lifters who do not produce proof of age will be entered in the Open category. Age class lifters wishing to break national or world records must produce proof of age regardless of what class they enter.
- 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 have the option of being weighed in 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 GPCNZ Officials.
- Lots may be drawn to establish the order of the initial weigh-in. The lots drawn 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 are allowed to 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.
- 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.

Exception: If a lifter steps on the scale and officially enters a certain weight class, they are not allowed to be re-weighed to make another weight class.

- A lifter who is too heavy may move into the next higher category. The lifter must again be weighed during the weigh-in sessions scheduled for the new category. All qualifying standards must be met. Proof of qualifications resides with the lifter.
- A lifter who weighs lighter than the lower limit of the category may drop into the next lower category, provided it - has not already taken place. All qualifying standards must be met. Proof of qualification resides with the lifter.
- 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.
- Weigh-in record forms must be completed in full after every session.
- Equipment check will be carried out during the weigh-in period by appointed Technical Officers/Referees.
- The proposed lifting schedule & flight breakdown must not be published before the completion of the weigh-in periods.
- The lifting schedule & flight breakdown must be published on the relevant social media sites and posted in the venue and main competition hotel as soon as possible after the completion of the final weigh-in session.
- The official GPC weigh in card must be used at weigh in and include the lifter's & official's signature.

GPC CHAMPIONSHIPS WEIGH IN CARD

Name: _____	Nation: _____	Bodyweight <input style="width: 40px;" type="text"/>	Lot No: <input style="width: 40px;" type="text"/>
DOB: ____/____/____	Age Category: _____	Squat Rack <input style="width: 40px;" type="text"/>	In/Out <input style="width: 40px;" type="text"/>
Weight Class: _____	Event: _____	Bench Rack: <input style="width: 40px;" type="text"/>	Safety: <input style="width: 40px;" type="text"/>
Raw/Eq: _____			

SQUAT	BENCHPRESS	DEADLIFT																		
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I hereby acknowledge, agree and confirm the following:

1. I understand the rules promulgated in terms of the Constitution of the Global Powerlifting Committee.
2. There are inherent risks associated with participation in the Championships Name & Year which may result in personal injury (even of a serious nature) to me. I am aware of the risks and accept these risks
3. To the full extent permitted by law, I absolve, release, discharge and indemnify the GPC, its officers, employees, organisers, representatives, helpers/spotters/loaders and/or agents ("the Indemnities") from any and all liability, mental anguish, loss or damage of any kind suffered by me, including, without limitation, where caused by any acts or omissions (intentional or negligent) of the Indemnities.
4. In the event of such injury, first aid/medical officials/practitioners may attend to me while injured. Should I have to receive treatment at a hospital or any medical institution due to any injury, I will be responsible to pay my own expenses.
5. I declare that I have read and understood the above and accept full responsibility for my safety during my participation in these Championships, and I waive any claim I might have against the GPC and/or the Indemnities. I was not unduly influenced and sign this form freely and voluntarily.

Signed: _____ Date: _____ Weigh-in Official: _____

Note: In the case of a minor (any person under the age of 21 years of age) I confirm that my parent(s) or legal guardian who has been notified either personally, telephonically or electronically of my intended participation in the championships and has either personally, telephonically or electronically given their permission to do so.

05. ORDER OF COMPETITION

- The competition shall be organized in the most expeditious manner as deemed by the Meet Director and GPCNZ Officials appointed to the event.
 - Lifters should check Squat and Bench Press rack heights and foot block requirements during weigh in ideally, and definitely 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 GPCNZ Contest Officials shall make decisions on such divisions, in conjunction with the Meet Director.
 - 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 amount 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 nominated 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, at least 20 a 30-minute interval will be taken between lifts in order to ensure adequate warm-up time.
 - In the event that the number of lifters in a flight drops to ten or less, there will be an automatic 5 minute rest following the completion of all first attempts, then again after all record attempts.
 - 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 drawn prior to weigh-in, 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, loader's or spotter's 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 GPCNZ Contest Officials shall rule on such discrepancies that arise.

06. COSTUME & PERSONAL EQUIPMENT

- On the platform the lifter's costume and personal equipment must visually meet acceptable standards and are within the rules.
- Shirts or suits shall not portray indecency or be offensive to the spirit of the competition. This is at the discretion of the Meet Director.

Inspection of costume & personal equipment:

- At all competitions inspection of costume and personal equipment will take place prior to lifting & be conducted by a GPCNZ Referee. This will be scheduled during weigh-in.
 - Equipment may be stamped by the Referee and the equipment may be checked for this stamp when a record is broken or if there is any query about the eligibility of a lifters equipment post kit check.
 - It will be the lifter's responsibility to present costume/equipment in accordance with the rules.
 - Inspections may also be made at any time prior to lifting by one of the appointed GPCNZ Contest Officials or GPCNZ Referee. Any conjecture or doubt about the legality of any such items shall be referred to the Technical Director or the appointed Senior Referee for the competition.
 - Items of personal attire not covered in the rules governing costumes and personal equipment such as: headbands, mouthpieces, ribbons, watches, costume jewelry, 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, this is at the discretion of the Meet Director. If the infringement is severe enough may have their membership revoked, this is at the discretion of the Technical Director and the GPCNZ Board.
 - 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) shall be worn. It must be an individual full-length article of cloth fabric. Its construction may consist of multiple plies to any thickness but must, as a whole, be a singular component. The straps must be worn over the shoulders at all times 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 other 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 shirt.
- Only one lifting suit may be worn.
- One shirt (of a design consistent with what is commonly called a T-shirt) with or without sleeves may be worn under the squat / lifting suit. (T-shirt is compulsory for all lifters).
- 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 GPCNZ.

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 a cloth fabric. The construction may consist of multiple plies to any thickness but must, as a whole be a singular component. Athletic supporters are permitted under the briefs.
- 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 worn over the shoulders at all times 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 may be worn underneath the leotard. T-shirts are compulsory for all lifters, except on the Deadlift where a T-shirt is optional.

- No Squat Suits/Deadlift Suits may be worn when lifting Raw
- No Briefs may be worn under the leotard when lifting Raw
- 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 consisting of cloth or polyester, 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 colour or colours.
- 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 –shirt, with or without 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 join 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 A wrist wrap shall not exceed beyond 10cm above and 2cm below the center of the wrist joint, not exceeding a total of 12cm in both directions

Knees: Wraps not exceeding 2.5m in length and 8cm in width may be worn. Alternatively, elasticized knee supports 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, not exceeding a total of 30cm in both directions. Knee wraps shall not touch the socks or lifting suits.

Elbows: Elbow sleeves or elbow wraps may not be used

RAW

- In raw competitions, wrist wraps, as identified above, may only be worn on bench press and squat
- No Elbow sleeves/wraps to be worn in raw competitions
- Knee wraps, as identified above, 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.

Materials and construction:

- 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 use
- Ratchet style belts may not be used in competition

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 kneecap supporter. 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.
- 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. The use of tampons, sanitary napkins or related articles used for feminine hygiene is permitted.
- 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

- 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. Only powder may be used, powder includes chalk, talc; resin, and magnesium carbonate. The use of liquid magnesium is not permitted
- 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 & WORLD RECORDS

At any competition recognized by GPCNZ, National records will be accepted provided that:

An Official will be appointed as the “**Record Recorder**” each day of International Competitions. Any lifter attempting to break a record must have the Record Recorder check the record sheets to ensure that it is indeed a record attempt and confirm on the attempt slip that the attempt is a record attempt prior to it being handed to the announcer/scorer. The Record Recorder will mark the attempt on a list and indicate whether the attempt was successful or not. The announcer will announce that the attempt is a record attempt and the lifter will have his equipment checked on successful completion of the lift. The Record Recorder's list will be signed by the platform referees and the records will be updated by the Referees and the Meet Director using this list only

- The competition must be conducted under GPCNZ rules.
- The record applicant must be a current member of GPCNZ.
- For National Records to be valid it must be adjudicated by, at minimum, 1x Category 1 Referee and 2x Category 2 Referees.
- For World Records please refer to the GPC World Official Rulebook.
- All competition results must be submitted to the Records Keeper within one week of completion of the competition. Results are to be in Excel, in English, to clearly indicate the competitor, the lifts achieved and what officials were present.
- The barbell and discs shall be calibrated, and were weighed before the competition, all actual weights accurately recorded and able to be verified by the referees or appointed GPC Contest Officials or weighed immediately after the successful attempt by the referees.
- The lifter weighed in correctly before the competition.
- The scales were certified accurate by a recognized authority within the last 6 months, and a scale test slip prepared by an authorized scale company.
- The lifter's costume and personal equipment was in accordance with the rules. Any lifter successful in a world 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 is 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 records proof of age must be satisfactorily established and attested to by the adjudicating GPC referee at weigh in.

- If in any competition recognized by the GPCNZ, 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 and does not add to the lifters Total. Additional attempts will not be permitted.
- Only lifters actually competing in a competition may attempt National records.
- Records are only valid for the body weight category of the lifter as determined at the official weigh-in.
- 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.
- Master, Junior or Teen lifters who enter the open class and exceed their age class records will be awarded the age record.
- Lifters competing in full powerlifting competitions may not break single lift records.
- Lifters competing in single lift events may not break the records in the full powerlifting records
- Lifters must make a total to have any records recognised within the full powerlifting records.
- In the event of two lifters at the same competition attempting to break the same records in the same weight and age class, the lifter who is the first to achieve the new record shall be the new record holder from the point that their lift is awarded as a good lift. The following lifter must break the newly set record to have a claim to the record.
- For a record attempt, the completion (4th attempt) weight of the barbell must be at least 500 grams in excess of the current record. Such record attempts will be made at the end of the third round of the lifting flight.
- For a record attempt made within the prescribed attempts of the competition, 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; eg- 88kg would be registered as 87.5kg.

Total record will be recognized subject to the following additional stipulations:

- The record will only be the summation of the face value of the individual best lifts, and therefore must be a multiple of 2.5kg.
- 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.
- If a lifter attempting a fourth attempt National record is one of the last four lifters of the flight in the third attempts, they will receive 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

- Referees shall be organized for the competition by the Technical Director of GPCNZ
- The number of referees required per competition shall be at the discretion of the Technical Director.
- Referees and Officials on duty shall be provided with non-alcoholic beverages and at least one free meal per day of competition. This does not include Referees who are sitting an exam at the competition unless they are qualified to be judging solo.
- Financial remuneration is at the discretion of the Meet Director.

b. Insurance

- It is advisable that all Meet Directors have the lifter sign a waiver of liability form which clearly states that the Meet Director, Sanctioning Officials and co-operators will not be held liable for any injury etc., that occurs at an event, the release form should also state that the competitor acknowledges he/she is competing at his/her own risk.

c. Competition Organization

- The use of a uniform system for leading the contest. GPCNZ's recommended software is OpenLifter.

Will appoint the following officials:

1. Announcer
2. Time Keeper (Preferably a GPC referee)
3. Marshal/Expeditors
4. Record keeper
5. Loaders/Spotters
6. Additional Officials

Responsibilities of these officials are:

The Announcer

Is responsible for the efficient running of the competition, and acts as Master of Ceremonies. The speaker arranges the attempts chosen by the lifters in an orderly fashion, dictated by weight, and if necessary, lot number, and announces the weight required for the next attempt along with the name of the lifter. Additionally the speaker announces, in order, the three lifters succeeding the lifter

on deck. 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. after an attempt the lifter shall leave the platform within 30 seconds. Once the clock is running for an attempt, it can only be stopped by the completion of the time allowance, the start of the lift, or at the discretion of the head referee who shall inform the timekeeper immediately. Consequently, it is of great importance that the lifter or lifter's coach check the height of the squat racks and any bench pressing requirements, if details have not previously been collected, prior to being called, as once the bar is announced as being ready, the clock will be started. Any further adjustments to the equipment must be made within the lifter's one-minute allowance. The definition of the start of an attempt depends upon particular lift being performed. In the Squat and Bench Press, the start coincides with the referee's commencement signal. In the Dead lift, the start is when the lifter makes a determined attempt to raise the bar. It is the timekeeper's duty to stop the clock at these defined starts so that any buzzer that may be connected to the timing device will not distract the lifter.

Marshals/Expeditors

Are responsible for collecting the weight required for next attempts from the lifters or their coaches and passing the information without delay to scorer's table and speaker preferably in the form of the suggested colored attempt cards. The lifter is allowed one minute between completion of one attempt and submitting to the marshal/expeditor the weight required for the next attempt. The timing of this operation is the responsibility of the marshal/expeditor, under the auspices of the head referee.

The record keeper

Is specifically accountable for all records broken, for collecting the details and initiating the paperwork, and is responsible for accurately recording the progress of the competition, and on completion, ensuring that the three referees sign the official score sheets.

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 maintained and of a neat and tidy appearance at all times.

At no time shall there be less than two or more than five loaders/spotters attending to the platform.

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.

d. Technical Checklist

National Level Requirements:

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 least 7m long x 5m broad (22ft x 16ft).
- 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 Referees.
- A table for display of trophies

Platform

- All lifts shall be carried out on a platform not less than 2.46m x 2.46m (8ft x 8ft) 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 face-savers, deadlift jack and disc racks.
 - Bars (of which 1xSpecialty Squat Bar, 1xSpecialty Deadlift Bar, 1xCompetition Grade Power Bar minimum), Collars.
- Discs: 14 x 25, 2 x 20, 2x 15, 2 x 10, 2 x 5, 2 x 2.5, 2 x 1.25 and
Record discs, 2 x 1 kg, 2 x 0.5, 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.
- Seats at the rear of platform for loaders.
- 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 warm up area should be at least 75m².
- A minimum of two Platforms.
- A minimum of two Mono-Lifts with safety straps.
- A minimum of two adjustable Benches.
- Each station equipped with the relevant Squat, Bench, or Deadlift bar.
- An adequate amount of discs and safety collars to accommodate the amount of lifters.

Weigh in room

- A lockable and clean room.
- A certified weight scale, (preferably digital).
- A second scale will be available for the lifters for the whole duration of weigh in days.
- Table and chairs for referees.

Livestream

National Championships must be livestreamed.

Regional Level Requirements:

As above minus the need for livestream, and the warm up area may have Squat Racks rather than the requirement to have Mono-Lifts.

e. Equipment & Specifications

Bars, discs & collars

- For all power lifting competitions under the rules of the GPC, only disc barbells are permitted. Only bars and discs that meet all specifications can be used throughout the entire competition and for all lifts. The use of bars or discs 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 knurled 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 (32-35mm)
4. Diameter of specialized deadlift bar 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 30-35kgs depending on the Squat Bar in use.
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.

Disc 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 be calibrated and 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, and 50kg.
- For record setting purposes discs of 1kg, 0.5kg, 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; 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.
- In all GPCNZ competitions an adjustable Mono-lift with a hydraulic mechanism must be used.
- It is compulsory in all GPCNZ 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, face-savers are compulsory in all GPCNZ competitions. The bench must conform to the following dimensions,
 - Length: not less than 1.22m and shall be flat and level.
 - Width: 29-32cm.
 - 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 spectators, officials, and all concerned with the progress of the competition must be provided.

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