



# Referees Handbook

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## **DUTIES OF 100% RAW REFEREES**

**Note:** All 100% RAW referees must have valid registration cards and be members in good standing in order to officiate at any 100% RAW sanctioned contest. All 100% RAW referees must have a signed "Code of Conduct" on file with 100% Raw. Said document must be renewed every two years.

**1. DESIGNATION OF PLATFORM REFEREES:** There must be 3 platform referees at all 100% RAW meets. The Chief Referee sits in the center in front of the lifter and gives the verbal and non-verbal lifting signals. The Chief Referee is in charge of the platform and responsible for all decisions concerning loading errors. The selection of a referee to act as Chief Referee in one event does not preclude his/her selection as a side referee in another lift. The Head Referee may also sit as a platform referee at any position if required.

**2. PLATFORM LIGHTS:** Once the bar has been replaced on the racks or on the platform at the completion of an attempt, the referees shall signal their decision by means of lights when at all possible. A white light designates a "good" lift whereas a red light signifies "no lift". If a system of lights cannot be used, then the referees at minimum will indicate their decisions by using white/red flags or paddles.

**3. POSITIONING ON THE PLATFORM:** The 3 referees may seat themselves in what they consider to be the best viewing position around the platform for each lift. However, the referees must remain seated during the lift.

**a.** The Chief Referee must always be easily visible to the lifter in the squat and deadlift.

**b.** A referee may ask the spotters to reposition themselves should they interfere with the referee's view of the lifter. However, any repositioning by the spotters should in no way interfere with the lifter's safety and their ability to protect the lifter during his/her lift. If the hip joint is not visible to a referee during the squat because of spotter obstruction, the benefit shall be given to the lifter in the form of a white light.

**c.** Within reason, all 3 referees have the responsibility for judging ALL aspects of a lift.

### **4. HEAD REFEREES DUTIES PRIOR TO THE MEET:**

**a.** Assure that the platform and equipment comply in all aspects with the rules. If the weight plates are not exact, their exact values should be clearly marked and noted on a form for record keeping purposes.

**b.** Assure that the scale(s) works correctly and has been certified within 12 months of the contest date.

**c.** Assure that the lifters weigh-in within the proper time period and within weight class limits. All lifters should be verified as current 100% RAW members. This should be done prior to ANY other activity involving the lifter.

### **5. CHIEF REFEREES DUTIES DURING THE MEET:**

**a.** Assure that the bar is loaded correctly. It is recommended that each referee be issued a loading chart.

**b.** Assure that the lifter's equipment is correct while on the platform. If there is any doubt, the Chief Referee should be informed after the lift about the item(s) in question. All 3

referees shall then examine the lifter's costume/equipment (see **Section III** for more details).

c. Should there be a shortage of national referees at a national championship, state referees may be used in all duties except judging National record attempts.

**6. PROCEDURES FOR OBSERVING LIFTING FAULTS:**

a. Side Referees: When a side referee observes a fault during an attempt, he/she shall raise his/her hand to indicate the intention not to pass the lift. If the other referee is in agreement, he/she shall also raise his/her hand. At this majority, the Chief Referee shall stop the lift with appropriate visual and audible signals to the spotters.

b. Chief Referee: The Chief Referee should never raise his/her hand when observing a fault but shall note if a side referee is in agreement. If another referee also notices a fault, the lift shall be stopped as described above. Only a majority ruling may stop a lift, unless the Chief Referee determines that the lifter's safety is in jeopardy.

**7. PROCEDURES FOR INCORRECT BAR PLACEMENT IN THE SQUAT:** Should any referee notice incorrect bar placement prior to the start of the squat attempt, he/she should call attention to it as previously described. If a majority agrees, the signal to "squat" shall not be given by the Chief Referee. It is suggested that the Chief Referee explain the fault to the lifter. The lifter may re-rack the weight and try again only within the one minute time period allowed to begin an attempt.

**8. REFEREE COMMENTARY FOLLOWING AN ATTEMPT:** After a lifter receives two or more red lights ("no lift"), the lifter or the coach may ask the Chief Referee why the lift was declared as "no lift". The Chief Referee shall inform the lifter/coach or inquire from the side referees why they gave red lights. Should further discussion be required, the lifter/coach shall immediately leave the platform and go to the Head Referee or Jury Chairman for further clarification. Other than ruling clarifications, referees shall abstain from commentary.

**9. REFEREE CONDUCT:** Referees must not attempt to influence the decisions of other referees. They may not veto or overrule each other under any circumstances. For these reasons, it is recommended that the scoring lights all come on at once. However, the Chief Referee may consult with the side referees, the Jury, or any other officials in order to expedite the progress of the meet.

**10. DUTIES FOLLOWING THE MEET:** The platform referees shall sign the official score sheets or other documents that require a signature.

**11. REFEREE DRESS CODE:** All 100% RAW referees/officials must wear the official collared polo shirt with the 100% RAW logo on the left chest. Trousers should be black, gray or khaki. This must be worn at all meets. Shoes should be of good report. Neither sandals nor flip flops are allowed. At all Sanction III meets a dark colored sports jacket is required for that meet. Referees should never wear jackets with non-100% RAW logos or emblems, especially those of other Powerlifting organizations.

**12. SELECTION OF THE HEAD REFEREE:** This position is appointed at National and World meets by the 100% RAW President acting with the advice from the Chair of the Referees Committee. At all other meets, the Meet Director shall appoint the Head Referee whose rank must be International. Any official who is interested in officiating at a contest should notify the Meet Director as soon as possible (at least 30 days prior is recommended).

**13. DUTIES OF THE HEAD REFEREE:** The primary duty is to assign officials, including the Chief Referee, side referees, timekeepers, record keeper, weigh-in officials, etc. (as previously discussed in **Section 6**). The Meet Director should supply the Head Referee with a list of all available referees and officials prior to the contest. The Head Referee shall handle all matters concerning assignments, conduct, disputes, rule interpretations, and in general work with and assist the Meet Director, who has responsibility for all the technical, logistical matters in the meet.

**14. DUTIES OF THE RECORD KEEPER:**

**a.** The lifter or his/her coach should inform the expeditor when a record is to be attempted. The announcer should declare when such a record is going to be attempted when calling the lifter to the platform. Any birth certificates that may be required should be viewed by the record keeper and noted on the results.

**b.** At the conclusion of the meet, the record keeper must collect any additional forms such as copies of meet sanctions, scale certification, etc. All collected forms should be presented to the Meet Director. The Meet Director must send copies of the meet results, drug tests, and record forms to the 100% RAW National Headquarters within (7) days after the meet has concluded.

**15. DUTIES OF THE TIMEKEEPER:**

**a.** This person starts the clock after the lifter's name has been called. The lifter has one minute to then commence the lift, which means receiving the referee's signal (or making an attempt to pick up the bar in the case of the deadlift). The timekeeper should keep the lifter and referees aware of how much time is remaining once there is only 20 seconds left by announcing "20 seconds", "10 seconds", etc. The timekeeper should audibly signal "TIME" once the one minute period has expired. That attempt is then void.

**b.** The lifter has a maximum of 30 seconds to leave the platform following an attempt. The timekeeper shall keep track of this time and inform the Chief Referee if the lifter fails to abide by this rule.

**c.** When a lifter follows himself/herself in the Rounds system, he/she has 3 minutes to rest before the next attempt. The timekeeper shall time the lifter in this situation and advise him/her how much time is remaining in one minute intervals.

**16. DUTIES OF THE PLATFORM MANAGER AND MARSHALS:**

**a.** Rack heights should be listed on the lifter's weigh-in/score card prior to weigh-in.

**b.** The platform manager(s) shall call out the plates to be loaded for each attempt to the spotters/loaders. He/she must also maintain the platform in a state of cleanliness. He shall then inform the Chief Referee that the bar is loaded and ready for the lifter's attempt.

**17. DUTIES OF THE REFEREES AT WEIGH-INS:**

**a.** There should be 2 referees at every weigh-in session. Lifters must be weighed by referees of the same gender. If no women referees are available to weigh female lifters, women may be weighed in wearing only their singlets.

- b.** The 2 referees shall do the following tasks:
- (1)** One shall call in lifters to be weighed.
  - (2)** The other shall be in charge of the scale and the actual weigh-in process. Official bodyweights must be written in ink on the lifter's card. The lifter's starting/first attempts shall also be recorded in pencil on the attempt card at this time. The lifter shall then be dismissed and his/her attempt card retained for delivery to the scorekeepers.
- c.** If a lifter cannot make weight, he/she must lift in the heavier weight class provided the lifter has met the qualifying total criteria of that heavier class (if such totals are being used).

**18. DUTIES OF THE REFEREE IN CHARGE OF DRUG TESTING:** The 100% RAW federation requires that all urinalysis drug testing be administered and overseen by an official with the rank of National or International Referee.

## **JURY AND REFEREES COMMITTEE**

### **1. HEAD REFEREE AND JURY IN CHARGE:**

- a.** At any 100% RAW National or World Championship meet, a Jury shall be appointed to preside over each lifting session.
- b.** When possible, the Jury shall consist of the 100% RAW President (to act as chairman of the Jury), the Chairman of the Referees Committee, and 1 other member, who must be a member in good standing with the organization. A reserve member of the Jury shall also be appointed. Appointments to the Jury are made by the Head Referee.
- c.** When possible, the Jury shall consist of only national-level referees, preferably all from different states.
- d.** The function of the Jury is to ensure that all rules are correctly followed.
- e.** Replacement of a referee:
- (1)** The Jury may, via a majority vote, replace any referee during the course of a meet whose decisions or conduct suggest that the referee in question is incompetent or incapable of rendering sound decisions. The referee in question must be first given a warning prior to any dismissal action.
  - (2)** The impartiality of all 100% RAW referees should be above reproach but mistakes in judgment can be made in good faith. In such cases, the referee shall be allowed to give an explanation to the Jury for making a suspect decision that is the cause of a formal warning.
- f.** Should a member of the Jury wish to query a referee's decision, the Jury member should make his/her intention known to the Chairman who shall then consult with the rest of the Jury. Appropriate action, if any, shall be based on the majority opinion.
- g.** Corrective actions: The Jury may, at their discretion, grant a lifter another attempt. However, they may never overrule the decision of a referee (e.g. change a red light to a white light) – even if the decision in question is the cause of the disciplinary action against the referee.

**h.** Duties of the Jury Chairman: Before each National competition, the Chairman of the Jury must ensure that the other members of the Jury have a thorough knowledge of the rulebook. Jury members must be informed of any new rules or any amendments/supplements to current rules.

## **2. REFEREES COMMITTEE:**

**a.** This committee shall consist of at least 5 members. The chairman of this committee shall be appointed by the 100% RAW President.

**b.** Duties: This committee will be entrusted with the examination of all requirements and procedures of a technical nature that are submitted to the 100% RAW Powerlifting Committee. All proposed rules changes must be routed through this committee, which shall be presented at and voted upon once per year at the 100% RAW National Governing Body Meeting.

**c.** All decisions of this committee are subject to review and approval by the full Powerlifting Committee.

**d.** It is recommended that at National and World Championship meets a rules meeting be given prior to the start of competition. It may be given the night before or the day of the contest. This should be conducted, when possible, by the Chairman of the Referees Committee, the 100% RAW President, the Head Referee of the meet, the most senior official present. It is recommended that all national-level officials attend such a meeting at least once per year. State referees are also encouraged to attend.

**e.** Similar rules meetings (as in **d** above) should also be conducted prior to annual State Championship contests. The most senior official, Head Referee of the meet, or State Chairman of the respective state of the championship meet shall preside over the meeting. A state-level referee are encouraged to attend at least one meeting of this type per year but does not necessarily have to be in his/her state of residency.