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Rules

Revised: 9/24/2024

Throughout this rule book, for reasons of brevity, where the use of the word “lifter(s)” occurs is made in reference to both male and female lifters. The use of the phrases 100% RAW or the federation is made in reference to 100% RAW Powerlifting Federation Inc.

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Divisions & Sanctions

1. 100% RAW Powerlifting Federation recognizes the following lifts which must be taken in the same sequence in all competitions conducted under 100% RAW rules:

- a. **Squat**
- b. **Bench Press**
- c. **Deadlift**
- d. **Strict Curl***
- e. **Repetition Division** - designated weight amounts
- f. **Repetition Challenge** - bodyweight for reps

** Note: It is permitted to run the strict curl competition in the day preceding the rest of the competition. If the competition is not a powerlifting competition (i.e. single lift or push-pull) the meet director shall be permitted to run the strict curl at a time of choice during the event. The order of other lifts shall remain the same. In cases where there are fewer than 10 entrants in the strict curl, it shall be permitted to run the strict curl competition prior to the squats on the same day.*

2. 100% RAW Powerlifting Federation conducts the following meets:

- a. **State/Provincial;** Powerlifting, Bench Press, Deadlift, Push-pull and Strict Curl
- b. **National;** Powerlifting, Bench Press, Deadlift, Push-pull and Strict Curl
- d. **World;** Powerlifting, Bench Press, Deadlift, Push-pull and Strict Curl

Note: repetition events may be added to each level of competition. In addition, other lift combinations may be adopted with permission of the President.

3. Three levels of sanctions are issued for purposes of establishing or setting records:

- a. **Sanction I;** State/Provincial Records only
- b. **Sanction II;** State/Provincial and National Records
- c. **Sanction III;** State/Provincial, National, and World Records
- d. **At any contest,** World or National Records may be set with the appropriate judges officiating. World Records shall require a minimum of two (2) level III (3) judges officiating. National records shall require a minimum of two (2) level II (2) judges officiating. Appropriate documentation of officiating judges must be submitted for the record to be recognized.

4. Competition takes place between lifters in categories defined by gender¹, bodyweight and age.

a. All lifters must be active members of 100% RAW Powerlifting Federation, Inc. Membership cards are good for one year from date of initial purchase. The current fee for membership cards is 40USD for adults, and 20USD for Special Olympians and lifters 19 and younger.

b. Athletes are not allowed to lift outside of the assigned time frame for their respective division. In the event that an athlete is detained because of some major unforeseen circumstances (ex. delayed flights), or due to an unavoidable religious conflict, on a case by case basis a lifter may petition the meet director to lift with another group and have their lifts counted as a part of the meet results, or to “guest lift” outside of the competition and have their lifts count toward records.

c. Any athlete wishing to enter the “OPEN” division at a National or World Championship must have posted a Class 1 or above total (or single lift as it applies) in a 100% Raw meet within the past 48 months.

¹ See paragraph e in this section for further details regarding specification of gender.

d. Any athlete wishing to enter the World Championship must have competed in a previous 100% RAW meet in the current or previous calendar year to qualify for the competition. A waiver can be granted by the president on a case-by-case basis.

e. 100% Raw recognizes gender, for the purposes of competition, records and rankings, as male or female, to be defined as **biological sex from birth**. All references to gender in the rules will be solely in this context.

5. Unless otherwise specified, the rules apply to all levels of competition (Sanction I, II, & III).

6. Each competitor is allowed three attempts on each lift. The lifter's best successful attempt (passed by at least two of the three judges) on each lift counts toward his competition total. For establishing or setting a new record, fourth attempts are permitted after a successful third attempt (for further information on 4th attempts see clause 11 in "Order of Competition").

7. In a competition where a total is gained, individual lift fourth attempts will not count towards the total. The lifter will thus have only three attempts in each skill (Squat, Bench Press, and Deadlift) to register a total. The 4th attempts will, however, count towards individual lift records and rankings.

8. If two or more lifters achieve the same total in the same contest, the lighter lifter ranks above the heavier lifter. If two lifters register the same bodyweight at the weigh in and eventually achieve the same total at the end of the competition, the lifter making the total first will take precedence over the other lifter. Where awards are presented for best squat, bench press and deadlift or if a World or National record is broken, the same procedure will apply.

9. 100% RAW Powerlifting Federation records and recognizes State/Provincial, National and World records for the following divisions:

a. **Open:** 25 and above. **NOTE:** Anyone may cross over to lift in the Open Division of a meet with the exceptions of The American Challenge Series, and the World Championships. The latter meets require a minimum age of 14 in order to cross over into the Open. Where a Youth lifter has achieved a total qualifying him/her for Elite status, this minimum age is waived.

b. **Youth:** Lifters, age 11 and under

c. **Teen:** Lifters in the following age groups; 12-13, 14-15, 16-17, 18-19

d. **Junior:** Lifters age 20-24

e. **Sub-Masters:** Lifters age 35-39

f. **Masters:** Lifters in the following age groups; 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, and 80+

g. **Law/Fire/Military:** Active or retired

h. **Special Olympian:** Lifters who have an intellectual, cognitive, or developmental disability recognized by either an agency or professional

i. **Handicapped:** Lifters suffering from a compromising physical impairment (including the absence of limbs, fingers, or vision)

Note: A lifter's age group category will be determined by their age as of the date of the contest. Identification is required to prove age and Law/Fire/Military status. Acceptable forms of identification are; State issued photo ID, State issued Driver's License, Green Cards, Passport or any other unaltered photo ID which includes date of birth. Lifters may scan their identification card and attach it to the entry form they are mailing in, or they can present it to a certified official prior to the competition

10. Placing for all age groupings shall be determined by the totals of the lifters in accordance with the standard rules of lifting.

11. If a competitor's lift exceeds the Open record for their respective weight class he/she will receive credit for that record (even if they did not enter in the Open division). Henceforth, the Open record will always be the highest lift in a given weight class.

12. If a competitor's lift exceeds the record for their respective age group/weight class, he/she will receive credit for that record, even if the lifter did not enter the age group for the competition. Proof of age, as described above, is required to validate the record or records. Similarly, if the lifter is currently or formerly of Law/Fire/Military status, records set for that category will be credited upon presentation of documentation, even if the lifter did not enter that category for the competition.

13. Body weight categories (kilograms/pounds):

a. Men;

48/105.8, 52/114.6, 56/123.4, 60/132.2, 67.5/148.8, 75/165.3, 82.5/181.8, 90/198.4, 100/220.4, 110/242.5, 125/275.5, 140/308.6, 140+/SHW All weight classes maintain Open records

b. Women;

44/97.0, 48/105.8, 52/114.6, 56/123.4, 60/132.2, 67.5/148.8, 75/165.3, 82.5/181.8, 90/198.4, 90+/198.5+

All weight classes maintain Open records

14. All Team Coaches must register a team each year. Upon registration of the team, the National Office will add the newly registered team to the official list and document that by sending to the Team Coach the 100% RAW Powerlifting "Certificate of Team Registration" indicating the registration number of that team. The following are the rules concerning team membership:

a. The 100% RAW Powerlifting registered club/team may be composed of registered lifters from any state.

b. Lifters will designate team affiliation on their 100% RAW Powerlifting membership application and will be limited to competing for that specific team. If a lifter is already a 100% RAW member and does not have a team, the lifter must wait until renewing membership before joining a team.

c. During the course of a year's registration, if a team member wishes to change teams before their membership renewal period, that can be done only during the month of January. Otherwise, that lifter must wait until the next registration year. A lifter may only represent one team per registration year. Being selected for Team USA (or national team of lifter's residence) is EXEMPT.

d. Each 100% RAW Powerlifting registered team may only compete as a Team in one state championship. This state championship will be the residence state of the team as established by the mailing address of the team coach. During the state championship, only those team members with a residency in that state or bordering state (as evidenced by the mailing address of their 100% RAW Powerlifting Membership card) may be included on the team roster.

15. Team awards shall be given for the first three places. In the case of a tie, the team having the most first place finishes will be ranked first. In the event that both teams has the same number of first place finishes, the team with the most second place finishes will be ranked first.

a. Team points will be scored as followed: 10, 7, 6, 5, 4, 3, 2, 1, 0.5, 0.25 for the first ten places in each division.

Personal Equipment

100% RAW does not allow the use of elbow sleeves, knee wraps, tape applied around a limb or finger, supportive lifting suit, supportive briefs, compression shorts, supportive shirts or compression shirts. Lifters are responsible for having proper equipment. The use of wrist wraps and a lifting belt is permitted (see specifications below).

1. A non-supportive, non-compression singlet of any color is required for all state, national and world meets. Straps must be worn over the shoulders during the performance of a lift. The lifting singlet shall

consist of a one-piece full-length suit of one-ply stretch material without any additional patches, padding or stitching that forms a panel, which may add additional support to the garment. Singlets made of denim, canvas or include buttons, straps or Velcro is not permitted. Singlets shall fit snugly, but may not be excessively tight in such a way as to be supportive.

Note; exception will be made for lifters at State/Provincial meets (Sanction I) where youth and teen lifters (19 and under) may compete in non-supportive shorts (gym shorts) and t-shirt (t-shirt must be tucked into waist band of shorts). Loose fitting/baggy shorts are not allowed. Cutoff jeans, walking shorts, shorts made of canvas or altered power suits is not allowed. Undergarments, same as for one piece lifting, shall be worn (see below). Spandex type bike shorts are suitable but as with all undergarments they must not exceed the length of the singlet. It is required that shorts be mid-thigh in length. The only belt allowed with shorts is a lifting belt as defined in the rules. Youth and teen lifters must wear a one-piece lifting suit (singlet) at National and World meets (Sanction II & III).

2. T-shirts must be worn during the performance of squat, bench press and curl. It must be long enough so it can be tucked into the lifting singlet. The sleeves of the t-shirt must not touch the elbows and must cover the deltoid. The t-shirt may be made of cotton or polyester. Shirts made of canvas, rubber, denim or those which include Velcro, zippers, buttons are not allowed. (Please note, shirts backed by rubber, silicon or any substance other than cotton or polyester, such as “Bar Grip” shirts are also prohibited.) T-shirts may have a V-neck or have a crew shaped neck. Shirts with collars are not allowed. Sleeveless shirts are allowed only in the deadlift, if they are factory made and not hand cut. Women may wear a properly fitting commercial sports bra without a t-shirt during the performance of the deadlift only.

3. Only one t-shirt at a time may be worn during competition.

4. Attire that includes obscenities, inflammatory descriptions or is insulting is not allowed. Referees (upon inspection) will determine the criteria to be used in determining what will be allowed.

5. All items worn on the platform must be clean, un-torn and in a good condition.

6. Emblems may be displayed on singlets and t-shirts representing the lifter’s affiliations, sponsors registered club, region or state. Students (high school/college) may wear singlets bearing the school’s name/logo on it. Names or insignias of any powerlifting federations other than 100% Raw Powerlifting Federation or its affiliates shall not be worn on the platform.

7. A standard commercial —athletic supporter or standard commercial briefs (not boxer shorts) of any mixture of cotton, nylon or polyester shall be worn under the lifting singlet (See rule 9 for further specifications). Women may also wear a commercial or sports bra. Swimming trunks or any garment consisting of rubberized or similar stretch material except in the waistband, shall not be worn under the lifting costume. Undergarments must not exceed the length of the singlet.

8. Any supportive undergarment is not legal for use in 100% RAW Powerlifting Federation competition.

9. Under Armor (or type-brands) are allowed in competition but the garment must be presented to the head referee prior to lifting for inspection to ensure that the material and fit are not supportive. This ruling includes shirts and briefs.

10. Wrist wraps:

The use of wrist wraps will be permitted under the following restrictions:

- a. Only one wrist wrap is permitted on each hand.

- b. The wraps may not exceed 61cm (24 inches) in length or 8cm (3.2 inches) in width.
- c. The wraps may not exceed a covering width of 12cm (4.7 inches).
- d. The tightening loops must not be over the thumb during the lift.
- e. Wrist wraps may not contain any non-pliable materials (such as metal or plastic) in any part of their construction.

11. Socks:

- a) Socks **may** be worn during the performance of the squat and bench press.
- b) They may be of any color or colors and may have manufacturer's logos.
- c) They shall not be of such length on the leg that they come into contact with the knee.
- d) Full length leg stockings, tights or hose are strictly forbidden.
- e) Shin length socks must be worn to cover and protect the shins while performing the deadlift. While covering the shins, these socks may not touch the knees or knee sleeves (if using knee sleeves).
- f) Light protective guards between sock and shin may be worn.

12. Shoes must be worn during lifts.

- a. Shoes shall be taken to include sport shoes//boots; weightlifting/powerlifting boots, deadlift slippers.
- b. No part of the underside shall be more than 5cm/2 inches.
- c. The underside must be uniform on both sides.
- d. Loose inner soles that are not part of the manufactured shoe shall be limited to 1cm/.4-inch thickness.

13. Belt- competitors may wear a belt. If worn it shall be on the outside of the lifting singlet.

14. Materials and construction of lifting belt:

- a. The main body shall be made of leather, vinyl or similar non-stretch material in one or more laminations which may be glued and/or stitched together.
- b. It shall not have additional padding, bracing or supports of any material either on the surface or concealed within the lamination of the belt.
- c. The buckle shall be attached at one end of the belt by means of studs and/or stitching
- d. The belt may have a buckle with one or two prongs or —quick release (referring to a lever).
- e. A tongue loop shall be attached close to the buckle by means of studs/stitching.
- f. The name of the lifter and affiliations (nation, state, club or sponsor) may appear on the outside of the belt.
- g. The width of the belt shall be no more than 10cm/4 inches.

15. A professionally made elastic headband may be worn. **No hats will be allowed on the platform, other than headgear that is religious in nature.**

16. Jewelry

- a. The head referee reserves the right to ask any lifter to remove articles of jewelry that he/she deems unsafe. Potential hazards may include (but are not reserved to) loose fitting or excessive bracelets and/or necklaces.
- b. If a lifter desires to wear religiously significant jewelry, or anything with deep personal significance, they are asked to inform the head referee prior to the competition.
- c. Engagement/wedding rings or bands are allowed to be worn in competition.

17. Knee sleeves may be worn only on the knees and may not be in contact with the lifting singlet or socks. In addition to being from an approved manufacturer, the knee sleeves must conform to the following:

- a. The sleeves must be constructed of a single ply of neoprene and may include a non-supportive single layer of fabric over the neoprene. Cross seams shall not be permitted across the front of the knee sleeves. There may be stitched seams of the fabric and/or of the fabric onto the neoprene. The entire construction of the sleeves must be such as to not provide any appreciable support or rebound to the lifter's knees.
- b. Knee sleeves shall be a maximum thickness of 7 mm and a maximum length of 30 cm.
- c. Knee sleeves shall not have any straps, Velcro, drawstrings, padding or similar supportive devices as part of them.
- d. Knee sleeves judged to be excessively tight by meet officials will be disallowed.
- e. Knee sleeves may not be worn for the strict curl.

Personal Platform Options:

1. The use of oil, grease or other lubricants on the body, costume or personal equipment is strictly forbidden.
2. Baby powder, resin, talc or magnesium carbonates are the only substances that may be added to the body and attire.
3. While there are no stipulations as to hair style, any style such as a "bun" or "ponytail" that causes the head to be more than 1" off the bench during the performance of the bench press is prohibited.
4. The use of any form of adhesive on the underside of footwear is strictly forbidden. This includes any form of built-in adhesive, sandpaper, emery cloth, etc. Resin, magnesium carbonate, or "stick type" sprays are not allowed on footwear. A spray of water is acceptable.
5. No foreign substances may be applied to the powerlifting equipment. This takes into account all substances other than that which may be used periodically as a sterile agent in the cleaning of the bar, bench, or platform. Bleach water, gloves and towels will be on hand to sanitize bars if needed.
6. Items such as mouthpieces and eye wear are permitted to be worn.
7. The application or use of kinesiology tape is not permitted.

Platform Equipment

When preparing entry forms for distribution, the meet director should include the type of lifting equipment that will be used at the meet. Meet directors should endeavor to provide good quality equipment for the lifting platform and an adequate number of pieces of equipment in the warm-up area. If multiple lifting platforms are to be utilized, similar equipment is to be used on each platform. The venue (including warm-up area) should be set-up to ensure; a. adequate room for lifters b. a barrier between lifters and spectators (safety) and c. protection of floors, walls and other infrastructure of the venue.

1. Platform- platforms for both the warm-up area and the competition should be stable and solidly built. The lifting platform shall be at least 8'x8'. The lifting platform used in the competition must be made of a carpeted surface or be a professionally manufactured lifting platform (with grip surface). Rubber mats or plywood without a carpet cover will not be allowed. The surface of the platform used shall be level, free from irregularities and projections.
2. Meet directors are recommended to have the lifting area designated by a clearly marked boundary. Only the lifter, referees, and spotter/loaders are allowed in this area.

3. Bars and Discs- for all powerlifting contests organized under the rules of 100% RAW, only disc barbells are permitted. The use of discs which do not meet the current specifications will invalidate the contest and any records accomplished. Only those bars and discs that meet all specifications may be used throughout the entire competition and for all lifts. The bar shall not be changed during the competition, unless it is bent or damaged in some way as determined by the Chief Referee.
4. Most makes of bars may be used. Bars must be in good condition and not bent. The Ivanko curl bar, which must weigh 15 kg with its calibrated collars (OBZ-30, OBZ-55), the Rogue Curl bar or the 54” Gopher bar, are the only bars allowed to be used in the strict curl. If the Gopher bar is used, it should be used with calibrated 1.25kg collars, combined with other small plates to achieve a starting weight approximating a round kg amount.
5. Kilogram plates, bars, and collars must be used in a Sanction II or III event.
6. At any Sanction II or III event calibrated plates and collars must be used. If it is a Sanction I event, the weights must be weighed on a certifiable scale 24 hours prior to the event and recorded accordingly on each plate. Weights used for such a competition are not allowed to be off more than 1% of their original face value (example: a 25kg which weighs lighter than 24.75 kg or heavier than 25.25 kg will be deemed unacceptable). Lifters must be informed prior to the event of any discrepancies with the weight. A chart with these discrepancies must also be posted. The bar and collars must also be weighed.
7. All discs must be clearly marked with their weight and loaded in the sequence of heavier discs innermost with the smaller discs in descending weight arranged so that the referees can read the weight on each disc.
8. The first and heaviest discs loaded on the bar must be loaded face in; with the rest of the discs loaded face out.
9. Collars must always be used. Unless pre-calibrated, collars must be weighed prior to the start of competition to confirm weight. Spring collars are not permitted. If the amount of the lift requested is equal to the empty bar without collars, it is permitted in this case to lift without the collars on the bar.
10. Squat Racks - combo style racks and commercial hydraulic type (i.e. Forza) may be used. Monolifts are not to be used in meets sanctioned by 100% RAW.
11. All squat racks must be capable of being secured at each required height through the use of pins.
12. For ease of adjusting to required heights, squat stand racks should be labeled and denoted through the use of numbers (1, 2, 3, 4, 5, etc).
13. Bench - combo style racks and free-standing competition (example: Forza) benches may be used.
14. The bench shall be in good condition and not missing parts. The surface of the bench shall not be torn and it shall be free of irregularities and projections.
15. Blocks or discs shall be provided to enable lifters to achieve flat, stable footing due to the height of the bench.
16. Strict Curl – The strict curl event must be run with a strict curl platform. Lifting against a wall or beam shall not be permitted. The back pad must be no less than 12” and no more than 16” in width. There must be a line 12” in front of the back pad, which will indicate the furthest point at

which the lifter's heels may be during the performance of the lift. There must be a rack for the curl bar which shall be at a height of 24-30 inches. The rack is to be located 24-30 inches forward of the line just referenced.

17. Lights - a system of lights shall be provided whereby the referees make known their decisions. A system of lights similar to those used in weightlifting may be used. Each referee will control a white and a red light. These two colors represent a —good lift (white) and —no lift (red) respectively. The lights shall be arranged horizontally or vertically to correspond with the positions of the three referees. They must be wired in such a way that they light up together and not separately when activated by the three referees. For emergency purposes (i.e., a breakdown in the electrical system), the referees will be provided with small white and red flags, red and white cards or red and white paddles with which to make known their decisions.

18. Tools and chemicals to clean the equipment and platform shall be provided. Those items include brush (wire type), towels and disinfectant (water/bleach mixture preferably in a spray bottle).

Rules of Performance – Powerlifts, Curls and Repetitions

Squat:

1. The lifter shall face the front of the platform. The bar shall be held horizontally across the shoulders, hands and fingers gripping the bar, and the top of the bar not more than the thickness of the bar below the outer edge of the shoulders. The hands may be positioned anywhere on the bar inside and or in contact with the inner collars. The “talon grip” with the thumb and pinky under the bar is not permitted.
2. After removing the bar from the racks, (the lifter may be aided in removal of the bar from the racks by the spotter / loaders) the lifter must move backwards to establish the starting position on his/her own. When the lifter is motionless, erect with knees locked, and the bar properly positioned the Chief Referee will give the signal to begin the lift. The signal shall consist of a downward movement of the arm and the audible command “Squat”. Before receiving the signal to “squat” the lifter may make any position adjustments within the rules, without penalty. For reasons of safety the lifter will be requested to —Replace the bar, together with a backward movement of the arm, if after a period of five seconds he is not in the correct position to begin the lift. The Chief Referee will then convey the reason why the signal to “Squat” was not given.
3. Upon receiving the Chief Referee's signal, the lifter must bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees. Only one descent attempt is allowed. The attempt is deemed to have commenced when the lifters knees have unlocked. The bar may move from its starting position downwards on the lifters back the thickness / diameter of the bar during the performance of the lift.
4. The lifter must recover at will to an upright position with the knees locked. Double bouncing at the bottom of the squat attempt or any downward movement is not permitted. When the lifter is motionless (in the apparent final position) the Head Referee will give the signal to rack the bar.
5. The signal to rack the bar will consist of a backward motion of the arm and the audible command “Rack”. The lifter must then move forward and return the bar to the racks. For reasons of safety the lifter may request the aid of the spotter / loaders in returning the bar to, and replacing it in the racks. The lifter must stay with the bar during this process.

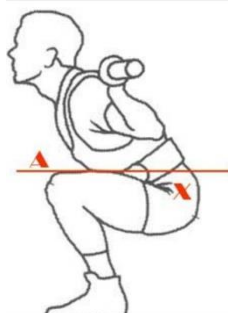
Causes for disqualification of a Squat:

1. Failure to observe the Chief Referee's signals at the commencement or completion of a lift.

2. Double bouncing at the bottom of the lift, or any downward movement during the ascent.
3. Failure to assume an upright position with the knees locked at the commencement or completion of the lift

4. Stepping backward or forward rocking the feet between the ball and

5. Failure to bend the knees and lower legs at the hip joint is lower than the top



although lateral movement of the sole and heel is permitted.

the body until the top surface of the of the knees, as in the diagram.

6. Any movement of the bar on the back more than the diameter / thickness of the bar below its starting position.

7. Contact with the bar or the lifter by the spotter / loaders between the | Chief Referee's signals in order to make the lift easier.

8. Contact of the elbows or upper arms with the legs. Slight contact is permitted if there is no supporting that might aid the lifter.

9. Any dropping or dumping of the bar after completion of the lift.

10. Failure to comply with any of the items outlined under Rules of Performance for the squat.

Bench Press:

1. The bench shall be placed on the platform with the head facing the rear of the platform.

2. The lifter must lie on his back with head, shoulders, and buttocks in contact with the bench surface. (see paragraph 9 below) The feet must be flat on the floor (as flat as the shape of the shoe will allow). His hands and fingers must grip the bar positioned in the rack stands. Full and false (thumbless) grip is allowed (if a lifter chooses to use a false grip, this must be announced prior to the start of the lift). This position shall be maintained throughout the lift. A reverse grip is not allowed.

3. To achieve firm footing the lifter may use flat surfaced plates or blocks to build up the surface of the platform. If a lifter is in need of a plate under his feet, he/she may not use any which will be used during the competition. Plates used in the warm-up room may be used. In the event that one plate does not provide enough height, it is the lifter's responsibility to provide their own set of blocks. The blocks must be inspected by the event's meet director prior to the competition

4. After correctly positioning himself, the lifter may enlist the help of the spotter / loaders or their coach in removing the bar from the racks. The lift off, if assisted by the spotter / loaders must be to arm's length.

5. The spacing of the hands shall not exceed 81 cm measured between the forefingers (both forefingers must be within the 81 cm marks and the whole of the forefingers must be in contact with the 81 cm marks if maximum grip is used). If in the case of some old injury or anatomically the lifter is unable to grip the bar equally with both hands he must inform the referees prior to lift- off for each attempt and if necessary, the bar will be marked accordingly.

6. The lifter may remove the bar from the racks, with or without the help of the spotter after which the lift must be started at arm's length. Beginning March 1, 2022, the Chief Referee will give the audible command "Start" when the bar is at arm's lengths with the elbows in a locked position. The lifter then

begins the lift by lowering the bar to the chest (the chest, for the purpose of the rule, finishes at the base of the sternum / breastbone) where, once it becomes motionless, the Chief Referee will signal an audible “Press”. If the lifter has a hearing defect, a prearranged signal must be agreed upon between the Chief referee and lifter (example: the Chief referee physically touches the lifter for the press and rack command).

7. The lifter must then return the bar to arm’s length with no excessive / immoderate uneven extension of the arms. When held motionless in this position the audible command “Rack” shall be given together with a backward motion of the arm.

8. If anatomically, the arms cannot be fully extended, the lifter must inform the Head Referee prior to their first attempt.

9. If, due to a physical limitation, the lifter cannot rest his head on the bench during the attempt, the lifter must inform the Head Referee **prior to his first attempt**. Incidental movement of the head in this case would be permitted. Any excessive downward head movement that assists the lift would not be permitted.

Causes for Disqualification of a Bench Press:

1. Failure to observe the Chief Referee’s signals during or at the completion of the lift.
2. Any change in the elected lifting position during the lift (i.e. any raising movement of the head, shoulders, or buttocks, from the bench, or movement of the feet on the floor / blocks / plates / or lateral movement of hands on the bar.)
3. Heaving or sinking the bar into the chest after it is motionless in such a way as to make the lift easier.
4. Any pronounced / exaggerated uneven extension of the arms during the lift.
5. Any downward movement of the whole of the bar in the course of being pressed out.
6. Failure to press the bar to full extension of the arms at the completion of the lift.
7. Contact with the bar or the lifter by the spotter / loaders between the Chief Referee’s signals, in order to make the lift easier.
8. Any contact of the lifter’s feet with the bench or its supports.
9. Deliberate contact between the bar and the bar rests support.
10. Failure to comply with any of the items outlined under the Rules of Performance.

Deadlift:

1. The lifter shall face the front of the platform with the bar laid horizontally in front of the lifters feet, gripped with an optional grip in both hands and lifted until the lifter is standing erect.

2. On completion of the lift the knees shall be locked in a straight position and the shoulders back.

3. The Chief Referee’s signal shall consist of a downward movement of the arm and the audible command —”Down”. The signal will not be given until the bar is held motionless and the lifter is in the apparent finished position.

4. Any rising of the bar or any deliberate attempt to do so will count as an attempt. Once the attempt has begun no downward movement is allowed until the lifter reaches the erect position with the knees locked. If the bar settles as the shoulders come back (slightly downward on completion) this should not be reason to disqualify the lift.

5. The head referee reserves the right to determine if a lifter has made a legitimate effort. Lifters are allowed to shake the weight, make jerks, or take their hands on and off the bar without penalty —providing the 60 second time limit has not elapsed.

Causes for Disqualification of a Deadlift:

1. Any downward movement of the bar before it reaches the final position.
2. Failure to stand erect with the shoulders back.
3. Failure to lock the knees straight at the completion of the lift.
4. Supporting the bar on the thighs during the performance of the lift. If the bar edges up the thigh but is not supported this is not reason for disqualification. The lifter should benefit in all decisions of doubt made by the referee.
5. Stepping backward or forward, although lateral movement of the feet or rocking of the feet between ball and heel is permitted.
6. Lowering the bar before receiving the Chief Referee's signal.
7. Allowing the bar to return to the platform without maintaining control with both hands (i.e.: releasing the bar from the palms of the hand).
8. Failure to comply with any of the items outlined under Rules of Performance.

Strict Curl:

1. The lifter shall face the front of the platform. The bar shall be held horizontally across the thighs with the palms of the hands facing outward and fingers gripping the bar. The feet shall be flat on the platform with the knees locked and arms fully extended. The lifter shall have his scapulas and buttocks firmly against a vertical platform during the lift.
2. After removing the bar from the racks, the lifter must move backwards to the vertical platform to establish his starting position. This position shall be maintained throughout the lift. The lifter shall wait in the starting position for the Chief Referee's signal. The signal will be given once the lifter is motionless, and the bar is properly positioned with the Head Up & Chin Up and arms extended fully down. Additionally, the side referees will verify that the lifter is properly positioned against the back pad, and that the back of the heels are no further forward than the line 12" from the back pad on the platform. Each side referee will indicate with a thumbs up that the lifter is properly positioned. The Chief Referee's signal to begin the lift shall consist of an upward movement of the arm and the verbal command "Curl".
3. Once the curl command is given the lifter must bring the bar up to the fully curled position (bar near chin or throat with palms facing backward). The knees must remain locked and the scapulas and buttocks against the vertical platform throughout the entire lift.
4. When the lifter has reached the finished position the Chief Referee's signal shall consist of a downward movement of the hand and the verbal command "Down". The signal will not be given until the bar is held motionless and the lifter is in the apparent finished position. Once the Down signal is given, the lift is completed, and the lifter will replace the bar in the rack. Dropping the bar in the process of replacing the bar in the rack will be considered a violation for which the lifter will lose the lift.
5. The legs and hips may not be used in any way for momentum to complete the lift. Lifter may not lean back, or to either side, to assist in bringing the weight up. Any thrusting of the legs or hips for momentum is not allowed. Neither shoulder may dip in a manner to assist in bringing the weight up. There will be no torso rotation to assist the lifter in raising the weight. The feet must remain flat and motionless throughout the lift.
6. Any rising of the bar or any deliberate attempt to do so will count as an attempt.
7. The lifter may, at the Head Referee's discretion, be given an additional attempt at the same weight if failure in an attempt was due to an error by one or more of the loaders.

8. This lift will be judged by 3 referees.

Causes for Disqualification of the Strict Curl:

1. Any downward movement of the bar before it reaches the final position.
2. Leaning back or to either side to assist the lifter in raising the weight.
3. Dipping either or both shoulders. Any significant torso rotation to assist the lifter in raising the weight.
4. Scapulas or buttocks coming off the vertical platform during the lift both while going up & down.
5. Failure to stand erect with the scapulas and buttocks flat against the vertical platform at the completion of the lift.
6. Failure to keep the knees locked and straight during the lift.
7. Failure to keep feet flat during the lift
8. Stepping backward or any foot movement such as rocking the feet.
9. Lowering or racking the bar before receiving the Head Referee's signal to do so.
10. Bouncing the bar off the thighs or bending the back to assist the lifter in starting the upward motion.
11. Uneven lockout at the completion of the lift.
12. Failure to return the bar to the rack after receiving the Down command, i.e., dropping the bar.

Repetition Division:

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

Causes for Disqualification of the Repetitions:

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

Repetition Challenge:

1. The weights used in the Rep Challenge are (kilo/standard); 62.5/135, 102.5/225, 125/275, 142.5/315, 165/365, 185/405, 207.5/455 225/495
2. You must weigh under the Rep challenge weight you want to lift.
3. You may go up to any weight you choose.
4. This lift will be judged by one (1) referee.
5. Head Referee will sit inside referee position and his count is the Final Count.
6. Feet must stay in same position (starting position).
7. Must be wrapped grip – No thumbless grip allowed.
8. All uniform rules apply.
9. Women will not have their own division but can enter men's division.

Causes for Disqualification of the Repetitions:

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

General Platform Protocol:

1. Except when lifting off during the bench press portion of the contest, only referees, spotter-loaders and the lifter is permitted in the lifting area.
2. The lifting area is that which includes the lifting platform and the chairs in which the referees are seated.
3. Not more than five and not less than two spotter / loaders shall be on the platform at any time. The Referees will decide the number of spotter / loaders required on the platform at any time.
4. Ammonia capsules are not allowed on the platform or inside the lifting area.
5. One warning concerning sportsmanship will be given at the pre-meet rules briefing. Any use of profanity or exhibiting excessive anger on the platform or in view of other lifters and spectators will result in disqualification.
6. Once the command, —" Bar's Loaded" or "Ready" has been given by the Chief Referee, the lifter has 1 minute to be ready to start the lift. For the squat, this occurs when lifter takes the bar out of the rack and steps back. For the bench press, this occurs when the bar is taken at arms' length with the feet flat and the buttocks on the bench. For the deadlift, this occurs when the lifter makes a bona fide attempt to lift the bar off of the floor. In the strict curl, this occurs when the bar is taken from the rack and the lifter backs up to the vertical platform. ~~The start of the lift begins after the command—"Squat" is given, the bar begins its descent in the bench press, or the bar is lifted off the floor in the deadlift.~~

7. Lifters may not be on the platform until the command —” Bar’s Loaded” or “Ready” is given by the Head Referee.

8. Lifters have 1 minute after the completion of their last attempt to enter their next attempt at the scorer's table. If an attempt is not entered by a lifter, the same attempt will be entered if the last attempt was unsuccessful, or a 2.5 kg/5 lb. increase will be entered as the next attempt.

9. Referees:

- a. All referees must have passed an examination, and done “sit-in” time, prior to officiating a competition
- b. At no time during a lift is a referee permitted to leave his/her chair. Adjusting the chair for a better angle is permitted.
- c. The head judge is not permitted to hand off to a lifter.
- d. A lift may be overruled by a member of the Board of Directors if it is deemed detrimental to the reputation of the federation (ex: a blatant “hitch” in the deadlift was incorrectly passed by the referees).
- e. At the World Championship event, there shall be a Grievance Committee (Jury) for clarification on challenged officiating calls. The Jury would be comprised of no fewer than three qualified judges determined before the start of the event. A judgment call cannot be challenged, but a rule interpretation can be challenged.

Weighing-In

1. Lifters are not allowed to enter the weigh-in area until validation of current 100% RAW membership card at registration.
2. Lifters may weigh-in up to 24 hours before the start of the competition and be eligible to establish/set State/Provincial, National and World records. Weigh-ins are usually scheduled for the evening before the day of the meet and the morning of the meet. The 24-hour rule is subject to the scheduling and availability of the meet director. The actual time before lifting for the weigh-ins may be less than 24 hours.
3. The weigh-in for each competitor will be carried out in a room with the door closed, with only the competitor, his coach or manager and one to three referees present. For reason of hygiene the lifter should wear socks / paper towel on scales platform.
4. Lifters may be weighed nude or in underwear. Lifters will not be weighed-in fully clothed. Lifters will be weighed-in only by members of the same gender.
5. If a lifter does not make weight, the lifter may be re-weighed until the time limit. A lifter who has made weight shall not be re-weighed for any reason, including an attempt to move up or down a class. A lifter will be allowed to make weight an unlimited number of times until the predetermined weigh-in deadline.
6. Handicapped lifters using an artificial limb in competition must weigh in with that limb.
7. The same scale shall be used for all lifters. In National and World events (Sanction II and Sanction III) scales must be professional certifiable scales.
8. The lifters body weight, weight class and opening attempt(s) will be recorded on the score card upon completion of the weigh-in.

9. Lifters should check squat and bench press rack heights and note if foot blocks are needed prior to the start of the competition. That information will be recorded on the score card for use by the Announcer of the meet.

10. The lifter or the lifter's coach should verify all information (body weight, weight class, opening attempt(s) and rack heights have been accurately recorded prior to that information being submitted to the Scorer's Table.

11. In events which last more than one day, it is possible for a lifter to compete in two weight classes for the same event. The weight classes must be held on different days (example: day 1— lifters up to 82.5kg/181.8 lbs, day 2—lifters 90kg/198.4 lbs and above). In this case the lifter is required to make the appropriate weigh-in for both days.

Order of Competition

The Round System:

1. At the weigh in, the lifter or his coach must declare an opening attempt for all three lifts. The lifter, having made his first attempt at a lift, the lifter or his coach must decide upon the weight required for his second attempt. This weight must be submitted to the Scorer's Table before the one minute time allowance has elapsed. The same procedure is to be used for the second and third attempts on all three lifts. Responsibility for submitting attempts within the time limit rests solely with the lifter or his coach.
2. Where 10 or more lifters are competing, flights may be formed consisting of approximately equal numbers of lifters. However, 2 or more flights **must** be formed when more than 15 lifters are competing in the same meet. A flight can be composed of a single bodyweight category or any combination of bodyweight categories at the discretion of the organizer for purpose of presentation.
3. Each lifter will take his first attempt in the first round, his second attempt in the second round and his third attempt in the third round.
4. When a flight consists of fewer than 6 lifters, compensatory time allowances shall be added at the end of each round as follows: For 5 lifters add 1 minute; 4 lifters add 2 minutes; 3 lifters add 3 minutes. 3 minutes is the maximum allowance permitted at the end of a round. Should a lifter follow her/himself when the compensatory clock is in operation, 3 minutes is the maximum allowance permitted. For compensatory time where flights are involved, unloading of the bar will take place at the end of the compensatory time, reloaded, then the one minute to start the attempt.
5. The bar must be loaded progressively during each round on the principle of a rising bar. At no time will the weight on the bar be lowered within a round except for errors and then only at the end of a round.
6. Lifting order within each round will be determined by the lifter's choice of weight for that round. In the event of two lifters choosing the same weight, the lifter with the lighter body weight at weigh-in will lift first. The same applies to third round deadlift attempts, whereby the weight may be changed twice, subject to the bar not having already been loaded to the lifter's originally chosen weight.
7. If an attempt is unsuccessful, the lifter does not follow himself, but must wait until the next round before he can attempt that weight again.
8. If in a Round, an attempt is unsuccessful due to a wrongly loaded bar, spotter error or equipment failure, the lifter will be granted a further attempt at the correct weight. If the fault is a wrongly loaded bar and the attempt has not actually started, then the lifter shall be given the option of either continuing

at that time or taking another attempt at the end of the round. In all other cases, the lifter shall take his extra attempt at the end of the round. If the lifter also happens to be the last lifter in the round, he shall be granted a three-minute rest prior to making his attempt, last but one in the round two minutes, last but two in the round one minute. In these cases where lifters are following themselves and given compensatory rest time the bar will be loaded as soon as the new attempt is turned in. The compensatory time will then be added to the usual one minute to begin the attempt. The clock will be started and the lifter will have that time to begin his attempt. Lifters following themselves will have four minutes time placed on the clock, during which time the lifter can begin his attempt as soon as he is ready. Lifters last but one in the round will be given three minutes, last but two in the round will be given two minutes, all others will be given the usual one minute to begin the attempt.

9. Up to five (5) minutes before the start of their flight, a lifter is permitted one change of weight on the first attempt of each lift. The change of weight may be higher or lower than that originally submitted and the order of lifting in the first round will change accordingly. Notice of these deadlines shall be announced by the speaker. If proper notice of these deadlines is not given, then an announcement authorizing such changes shall be made and a lifter may make a change within one minute of that announcement.

10. A lifter must submit his second and third attempts within one minute of completing his preceding attempt. The one minute will begin from the time that the last attempt was completed. If no weight is submitted within the one-minute time allowance, the lifter will be granted a 2.5 kg/5 lb increase on the next attempt. Should the lifter have failed his previous attempt and not submitted a weight for a further attempt within the one-minute time allowance, then the bar will be loaded to the failed weight.

11. For the first three attempts in the Squat, Bench Press, and Deadlift the minimum weight increase is 2.5 kilo or 5 lbs., (with exceptions noted in the Incremental Weights section below).

Note: In the Strict Curl the minimum weight increase is 0.5 kilo or 1.1 lbs.

12. Weights submitted for second round attempts on all three lifts cannot be changed. Similarly, third round attempts on the squat and bench press cannot be changed. Under this rule once an attempt is turned in, it cannot be withdrawn. The bar shall be loaded to the turned in weight and the clock will be run.

13. In the third round of the deadlift **for powerlifting (squat-bench-deadlift) competitions**, two changes are permitted. The change of the weight may be higher or lower than the lifter's previously submitted third attempt. However, these are only permitted provided that the lifter has not been called to the bar already loaded to his previously submitted weight by the announcer or head referee. The change of weight can in no event be below the lifter's previous attempt, or below the weight currently loaded on the bar.

14. In single lift competitions rules in general are the same as for **powerlifting** competitions. However, in the third round, **weight changes will not be permitted. If a lifter is entered in both the single lift deadlift competition and in the powerlifting competition, the weight may be changed up to 2 times for third round deadlift as stated in 13 above, however that attempt will apply only for the powerlifting result and will NOT be applied to the single lift result.**

15. When there are two or more flights, lifting will be organized on a flight repetition basis. No time interval will be allowed between rounds other than that necessary for arranging the platform. For example, if there are two flights taking part in a meet, the first flight will complete all three rounds of the squat. They will be followed immediately by the second flight who will complete their three rounds of squat. The platform will then be set up for the bench press and the first flight will complete their three rounds of the bench press, immediately followed by the second flight who will similarly complete their three rounds of the bench press. The platform will then be set up for the deadlift and the first flight will

complete their three rounds of the deadlift, immediately followed by the second flight who will similarly complete their three rounds of the deadlift.

16. In some instances, multiple sessions may be required. Each session will be arranged as described above.

17. Time will be allowed between lifts to prepare and arrange the platform. Additional time between lifts may be allowed so that lifters can warm-up.

18. The formula for best lifter for any contests shall be either K-formula or Wilkes. While the formula used is at the meet director's discretion, the formula to be used should be pre-announced, and the announced formula will be used for all of the contest events for which a best lifter award is offered.

4th Attempts:

4th attempts may be attempted for State records only if the contest is limited to a level I Sanction. At a Sanction II event lifters may be granted 4th attempts (providing they are attempting either a State or National Record). At a Sanction III event lifters may be granted 4th attempts if they are attempting either National or World Records. In order to be eligible for a fourth attempt in any discipline a lifter must have been successful on their 3rd attempt and be within 5% of the current record in that discipline. For a 4th attempt, lifters are free to make use of incremental weights, and are not required to make a 2.5kg/5 lb increase over their 3rd attempt (example: a lifter who is successful with a 3rd attempt of 102.5kg will be eligible to try a 4th attempt of 103.5kg). 4th attempts do not count towards the final meet results (i.e., they only count towards records). 4th attempts will at no time be considered as part of a total for any purposes.

Incremental Weights:

Note: for this section the term "Incremental Weights" refers to any weight which deviates from the traditional weight increments spanning every 2.5kg or 5 lbs.

1. Lifters will be eligible to deviate from the standard 2.5kg or 5 lb. increments provided on the loading charts in two cases:

- a. The lifter is attempting a 4th attempt for a record (see above).
- b. The lifter is attempting to break a preexisting record in one of his/her first three attempts (see below).

2. A lifter attempting a record may only use incremental weights once during their first three attempts (unless they are unsuccessful at a lift which requires incremental weights. In that case, the same weight will be reloaded for their next attempt).

3. In addition to the above, use of incremental weights shall be limited to the minimum increment required to break a preexisting record. A preexisting record shall mean a record set on an earlier date, or a record set in the course of the current contest by another lifter. For example, if the current record for a lift is 300, incremental weights can be used only for an attempt of 300.5. Any higher attempt would require the traditional weight increments.

4. Incremental weights will only count towards records and rankings and will not count towards the final meet results to determine best lifter or event winner. When determining event winner's "incremental" lifts will be rounded down to the nearest loading chart weight (example: 300.5kg will be rounded down to 300.0kg). For purposes of records and rankings, incremental weights used in lifts as part of full-power competition will count towards the total.

5. Lifters may only use incremental weights if they are attempting a State or National Record (Sanction II event) or a National or World Record (Sanction III event). Lifters will not be eligible to use incremental weights if they are not attempting a record.

Meet Procedures for Promoters/Directors

1. Must be a current/active member.
2. Must fill Sanction form and send into President for approval 2-months prior of the meet minimum. Form is located on website.
3. Must have location and date on Sanction form for the approval.
4. The venue will need to send a confirmation that you have the rental/use of facility for that date. Must be signed by the manager or owner of facility within 10 days after you receive the approval from the President. A copy must be faxed to the Federation at 252-338-7669 for our records.
5. Insurance will be sent back to you with the approval form.
6. Home office will provide you with an entry form for you to preview. If changes need to be made please make them and e-mail back to federation for approval. Our webmaster will post entry form on our website.
7. Minimum of 10% Drug testing required. Numbers always round up to next 10th digit. Ex: (25 lifters, you will need 3 tests). The Drug testing kits are to be sent to our Testing Lab which will be sent to you and will provide free FedEx overnight shipping labels. Each test is \$60 and that money is to be sent to the Federation home office.
8. All lifters need to be a member of the Federation in order to lift. Meet directors need to check each lifters card or check over the member list that the federation will provide. If a lifter does not have a card his lifts will go as invalid and no records will be awarded. Lifters may purchase a card from the meet director the day of the meet; the meet director will need to send this form to the home office with all monies within 7 days of the meet. Home office will send out all membership cards.
9. Meet report will be written up and sent to home office via e-mail or US Postal within 7 days of the meet. The report must include the meet results, the names of all meet officials, the type platform equipment used and the names of the athletes who were tested.
10. Meet directors are responsible for advertising the meet.
11. Meet directors need to follow 100% RAW rules & guidelines for the meet.
12. Must have approved judges from federation. Judges can be grand fathered in if they are a current official in another federation if approved by 100% RAW President and or Rules/Technical Chairman. This must be done minimum 2 weeks prior to an upcoming competition. Must be able to pass the Judges test before the event.
13. Any director of a Sanction III meet must be equipped to video record any Open World records. The Director is then charged with sending a copy of the lift to the 100% RAW home office.

Chairman Rules

All chairman appointments are approved by the President of the Federation as recommended by the Director of Chairman (DOC).

All chairman appointments are reviewed annually and subject to renewal every year in January. To maintain a chairman/state in “good standing” the following requirements must be met:

- Minimum of two sanctioned meets must be held in a calendar year
- Minimum of 20 - 100% RAW card holders must be maintained
- The schedule of pre-meet checkpoints must have been adhered to for all sanctioned meets held by the chairman
- Timely communication updates are needed
- Acceptable attendance on monthly update calls and quarterly chairman group calls
- Results from meets and participation fees must be submitted according to the approved standards within 1 week after completion of the meet.

The following are requirements for chairman to hold sanctioned 100% RAW meets:

- Sanction form must be completed, approved and fee received before the meet can be advertised and placed on the RAW website calendar
- Schedule of pre-meet checkpoints must be met according to the checkpoint list
- The purchase of all shirts and awards should include 100% RAW Federation in the bidding process.
- All National and World meet titles must be approved by the President of the Federation and requires Corporate Federation Officer attendance and onsite management.

All advertising, promotion, and/or use of the 100% RAW Powerlifting Federation name or logo's must be submitted by form and approved in advance by the Advertising Department.

All questions on meet rules, divisions, judging, conduct and testing should be referred to the Competition Committee in writing.

General Rules of Conduct

Contest Venues

Lifters, coaches, officials, etc. must, at all times, both in and out of contests, conduct themselves in a manner that upholds the dignity of 100% Raw Powerlifting Federation. While a lifter or coach may inquire from a platform official as to why a lift is turned down, or a red light given, it is absolutely forbidden to dispute the call to the seated officials. A dispute can be made to the meet director, or a board member present, if the lifter believes that a rule was not properly followed. In no event can a judgment call (squat depth, deadlift hitch, butt coming off of the bench, etc.) ever be disputed. Yelling criticism to officials in the course of a contest will never be tolerated, subjects the lifter to removal from the contest, and possible suspension at the discretion of the board. Similarly, verbal abuse (or any other abuse) of lifters by anyone present will absolutely not be tolerated. This will include, but not be limited to, yelling in a derogatory manner at lifters as they are lifting, or preparing to do a lift; identifiable misconduct in the warmup area; or any other misconduct that can be reasonably construed to be unbecoming to 100% Raw Powerlifting Federation.

Social Media

It is the responsibility of all members, official and others associated with 100% Raw Powerlifting Federation to maintain the dignity of the federation whenever communicating as participants in 100% Raw Powerlifting Federation. In particular, publicly complaining about officiating, calls made or other aspects

of contests will not be tolerated. This can extend to posting a lift that was turned down with the explicit question of “don’t you think this was good?”, “should this have been turned down?” or similar. Any issues with judging or officials raised following a competition should be brought to the attention of the 100% Raw Powerlifting Federation President, Rules Chair, or other member of the board, but not made by public complaint. Similarly, social media “attacks” on certain groups of individuals in the context of anything to do with 100% Raw Powerlifting Federation, will absolutely not be tolerated. This will include, but not be limited to, email-based harassment, removal without cause from boards or sites associated with 100% Raw Powerlifting Federation (cause shall be determined ONLY by the board), mass “unfriending” or similar of individuals or groups, again, unless such individuals have been banned by the board, etc. Those involved in such social media-based harassment are subject to warning or suspension by the board, depending on the specifics of the infraction.

Drug Testing

There is an initial twenty-four-month drug free period in order to compete in a 100% RAW event. Drug testing will be conducted by means of urinalysis and/or any other means at the discretion of the meet director, the drug testing officer, or the federation president. In order to assure that an unadulterated sample is collected, the process of collection of a urine sample is subject to observation by a same-gendered 100% Raw official. An athlete refusing such observation is subject to disqualification.

A minimum of ten (10) percent of all lifters will be tested. All lifters who set Open class world records will be tested. Our Drug Testing is either random or selective as the meet director will select the top lifters in the event to be tested.

100% RAW Powerlifting Federation, Inc has the right to perform out of meet Drug Testing at any time with a 24-hour notice to the active lifter/member.

All samples collected at National, or World meets may be tested before submission to the lab to ensure that they are valid, unadulterated samples (assuming the availability of testing equipment). Any sample that tests as diluted or adulterated will be discarded and a second sample will be collected. A second sample that tests as adulterated will be forwarded to the lab and tested for evidence of tampering. Confirmed tampering will result in a lifetime ban. A second – and subsequent – sample that tests as diluted will be rejected and discarded unless the athlete has a documented medical condition that would result in a diluted sample. The athlete must provide an undiluted sample to meet the requirements of drug testing.

A negative result on a drug test is required to claim any record.

The 100% RAW Powerlifting Federation was established in 1999 with the goal to showcase Powerlifters safely competing with no special "support" equipment and 100% Drug-Free! In order to meet this objective, the 100% RAW Powerlifting Federation prohibits the use of anabolic agents, masking agents, and other substances with a similar chemical structure or similar biological effect(s).

100% RAW does not provide advice on medical matters or treatments and nothing contained in this document should be interpreted as such. The athlete is responsible for managing his/her medical care and for using medications in a manner consistent with the World Anti-Doping Code. These rules merely regulate the conditions under which competition will take place.

The WADA Prohibited List can be seen here:

The WADA Code can be seen here:

<http://www.wada-ama.org/en/World-Anti-Doping-Program/Sports-and-Anti-Doping-Organizations/The-Code/>

WADA Site: <http://www.wada-ama.org/en/>

The following will constitute anti-doping violations.

1.1 The presence of a prohibited substance or its metabolites or markers in an athlete's bodily specimen.

1.1.1 It is each athlete's personal duty to ensure that no prohibited substance enters his or her body. Athletes are responsible for any prohibited substance, or its metabolites or markers found to be present in their bodily specimens. Accordingly, it is not necessary that intent, fault, negligence or knowing use on the athlete's part be demonstrated in order to establish an anti-doping violation.

1.2 The use or attempted use of a prohibited substance or prohibited method.

1.2.1 The success or failure of the use of a prohibited substance or prohibited method is not material. It is sufficient that the prohibited substance or prohibited method was used or attempted to be used for an anti-doping violation to be committed.

1.3 Refusing or failing without compelling justification, to submit to sample collection after notification of drug testing or otherwise evading sample collection. This is to include leaving the venue after competing without notifying the meet director.

1.4 Tampering, or attempting to tamper, with any part of the Doping Control process.

1.5 Conviction in a court of law of the use, possession, sale, or distribution of a prohibited substance.

The first violation of sections 1.1 or 1.2 above will result in a two (2) year suspension from lifting in 100% RAW sanctioned meets. It will also result in the removal of any 100% RAW lifting records held by the athlete. The athlete's membership in 100% RAW will be extended to the end of his or her suspension date and the athlete will be subject to random testing during his or her suspension. Failure to comply with this provision will result in a lifetime ban from 100% RAW.

Lifetime is to be considered to be the athlete's natural life. Attempting to compete in a 100% RAW meet while on probation or a second violation of sections 1.1 or 1.2 will result in a lifetime ban from 100% RAW.

Any violation of sections 1.3, 1.4 or 1.5 above will result in a lifetime ban from 100% RAW.

1.6 Any athlete who post a failure with a ratio of 6:1 or higher will result in an automatic two-year ban from the organization.

Any failure for a PED will receive a two-year ban.

An athlete will receive an automatic lifetime ban for the following: Testing positive for a PED a second time; if he/she refuses to take a drug test, leaves the venue after being told that a drug test will be administered or tampers with a drug test.

Therapeutic Use Exemptions

The use of a prohibited substance for a valid medical purpose is possible by virtue of a therapeutic use exemption (TUE).

The criteria for use of a TUE are as follows:

1. The athlete would experience significant health problems without taking the prohibited substance or method,
2. The therapeutic use of the substance would not produce significant enhancement of performance, and
3. There is no reasonable therapeutic alternative to the use of the otherwise prohibited substance or method.
4. An abbreviated TUE is to be used for glucocorticosteroids and for beta-2 agonists.

Abbreviated TUE:

www.wada-ama.org/rtecontent/document/simplified.pdf

A standard TUE is to be used for all other applications.

Standard TUE:

<http://www.wada-ama.org/en/World-Anti-Doping-Program/Sports-and-Anti-Doping-Organizations/International-Standards/International-Standard-for-Therapeutic-Use-Exemptions/>

It is the responsibility of the athlete to make sure that the TUE is completely filled out and that all documentation is supplied. The TUE committee is not responsible for and will not pursue missing information.

Drug Information

CREATININE

Classification

Creatinine is a metabolic by-product of muscle metabolism, and normally appears in urine in relatively constant quantities over a 24-hour period with "normal" liquid intake. Therefore, urine Creatinine can be used as an indicator of urine water content or as a marker identifying a specimen as urine. Greater than normal intake of water will increase the urine water content (lowering the Creatinine level) consequently diluting the amount of drug in urine. Conversely, a limited intake of water can lead to an abnormally concentrated urine specimen (as occurs with dehydration) resulting in elevated Creatinine levels.

Interpretation of Results

Creatinine Conc:

Interpretation

<20 mg/dL

Dilute urine specimen: Most likely due to increased water or liquid intake. Can be a result of short-term water loading (flushing) in an attempt to dilute any drug below testing cut-off concentrations.

<2.0 mg/dL

Abnormally dilute: Specimen showing an excessively low Creatinine value. May be an indication that the specimen is not consistent with normal human urine.

A dilute sample is a “pass” until the following level is obtained: Creatinine less than 2.0 mg/dl, which is not consistent with human urine. At that level and below the sample would be considered a failure.

However, if the diluted sample contains Creatinine levels between 20 mg/dl and 2.0 mg/dl, and if the athlete who gave the sample set a World record on the day that the sample was given, the world record cannot be claimed until a second sample is given. The second test must be above 20 mg/dl. The second test must occur within twenty days of the original test and it will be paid for by the athlete.

NOTE: The above values are based on the critical points that the Federal Department of Health and Human Services, Substance Abuse Mental Health Services Administration (SAMHSA) has set as decision points for interpreting dilute or substituted urine specimens

MALE CLASSIFICATION STANDARDS

Revised on January 1, 2012

Men's Squat

Wt. Class	114	123	132	148	165	181	198	220	242	275	275+
ELITE	292	320	348	389	452	495	535	565	590	620	662
MASTER	269	294	320	358	416	455	492	520	543	570	609
CLASS I	239	262	285	319	371	406	439	463	484	508	543
CLASS II	210	230	251	280	325	356	385	407	425	446	477
CLASS III	184	202	219	245	285	312	337	356	372	391	417
CLASS IV	161	176	191	214	249	272	294	311	325	341	364

Men's Bench Press

Wt. Class	114	123	132	148	165	181	198	220	242	275	275+
ELITE	235	258	275	314	358	387	415	440	462	483	500
MASTER	214	235	253	289	329	356	382	405	425	444	462
CLASS I	193	212	226	257	294	317	340	361	379	396	412
CLASS II	169	186	198	226	258	279	299	317	333	348	363
CLASS III	148	163	173	198	226	244	261	277	291	304	315
CLASS IV	129	142	151	173	197	213	228	242	254	266	275

Men's Deadlift

Wt. Class	114	123	132	148	165	181	198	220	242	275	275+
ELITE	346	374	402	468	537	597	625	642	660	689	700
MASTER	318	344	370	431	494	549	575	591	607	634	644
CLASS I	284	307	330	384	440	490	513	526	541	565	574
CLASS II	249	269	289	337	387	430	450	462	475	496	504
CLASS III	218	236	253	295	338	376	394	404	416	434	441
CLASS IV	190	206	221	257	295	328	344	353	363	379	385

Men's Strict Curl

Wt. Class	114	123	132	148	165	181	198	220	242	275	275+
ELITE	85	100	115	130	142	151	160	168	175	175	175
MASTER	77	91	105	118	130	138	148	156	163	163	163
CLASS I	70	82	94	107	117	124	132	139	144	144	144
CLASS II	61	72	83	94	103	109	116	122	127	127	127
CLASS III	54	63	72	82	90	95	102	107	111	111	111
CLASS IV	46	54	62	70	78	83	88	92	97	97	97

Men's Powerlifting Total

Wt. Class	114	123	132	148	165	181	198	220	242	275	275+
ELITE	805	881	947	1124	1261	1396	1495	1587	1630	1710	1740
MASTER	741	811	871	1034	1160	1279	1375	1460	1500	1573	1601
CLASS I	660	722	777	922	1034	1148	1226	1301	1337	1402	1427
CLASS II	580	634	682	809	908	1012	1076	1143	1174	1231	1253
CLASS III	507	555	597	708	794	879	942	1000	1027	1077	1096
CLASS IV	443	485	521	618	694	768	822	873	897	941	957

FEMALE CLASSIFICATION STANDARDS

Revised on January 1, 2012

Women's Squat

<i>Wt. Class</i>	<i>97</i>	<i>105</i>	<i>114</i>	<i>123</i>	<i>132</i>	<i>148</i>	<i>165</i>	<i>181</i>	<i>198</i>	<i>198+</i>
ELITE	179	189	204	240	250	260	279	295	305	330
MASTER	163	172	186	218	228	237	254	268	278	300
CLASS I	147	155	167	197	205	213	229	242	250	271
CLASS II	131	138	149	175	183	190	204	215	223	241
CLASS III	113	119	129	151	158	164	176	186	192	208
CLASS IV	97	102	110	130	135	140	151	159	165	178

Women's Bench Press

<i>Wt. Class</i>	<i>97</i>	<i>105</i>	<i>114</i>	<i>123</i>	<i>132</i>	<i>148</i>	<i>165</i>	<i>181</i>	<i>198</i>	<i>198+</i>
ELITE	120	135	143	160	170	181	192	206	210	225
MASTER	109	123	130	146	155	165	175	187	191	205
CLASS I	98	111	117	131	139	148	157	169	172	185
CLASS II	88	99	104	117	124	132	140	150	153	164
CLASS III	76	85	90	101	107	114	121	130	132	142
CLASS IV	65	73	77	86	92	98	104	111	113	122

Women's Deadlift

<i>Wt. Class</i>	<i>97</i>	<i>105</i>	<i>114</i>	<i>123</i>	<i>132</i>	<i>148</i>	<i>165</i>	<i>181</i>	<i>198</i>	<i>198+</i>
ELITE	248	259	285	304	321	353	363	380	385	405
MASTER	226	236	259	277	292	321	330	346	350	369
CLASS I	203	212	234	249	263	289	298	312	316	332
CLASS II	181	189	208	222	234	258	265	277	281	296
CLASS III	156	163	180	192	202	222	229	239	243	255
CLASS IV	134	140	154	164	173	191	196	205	208	219

Women's Strict Curl

<i>Wt. Class</i>	<i>97</i>	<i>105</i>	<i>114</i>	<i>123</i>	<i>132</i>	<i>148</i>	<i>165</i>	<i>181</i>	<i>198</i>	<i>198+</i>
ELITE	50	58	65	72	76	79	83	88	94	99
MASTER	45	53	59	65	69	72	74	80	85	90
CLASS I	41	48	53	59	62	65	67	72	77	81
CLASS II	36	42	47	52	55	57	59	64	68	72
CLASS III	32	37	42	46	49	50	51	56	60	63
CLASS IV	27	32	36	39	42	43	44	48	51	54

Women's Powerlifting Total

<i>Wt. Class</i>	<i>97</i>	<i>105</i>	<i>114</i>	<i>123</i>	<i>132</i>	<i>148</i>	<i>165</i>	<i>181</i>	<i>198</i>	<i>198+</i>
ELITE	535	573	611	665	703	756	813	839	859	918
MASTER	487	521	556	605	640	688	740	763	782	835
CLASS I	439	470	501	545	576	620	667	688	704	753
CLASS II	385	418	446	485	513	552	593	612	627	670
CLASS III	342	361	385	419	443	476	512	529	541	578
CLASS IV	289	309	330	359	380	408	439	453	464	496

Kilo Conversion Chart

KG.-----LBS.	KG.-----LBS.	KG.-----LBS.	KG.-----LBS.	KG.-----LBS.
25 ---- 55.1	120 ---- 264.5	215 ---- 473.9	310 ---- 683.4	405 ---- 892.8
27.5 --- 60.6	122.5 --- 270.0	217.5 --- 479.5	312.5 --- 688.9	407.5 --- 898.3
30 ---- 66.1	125 ---- 275.5	220 ---- 485.0	315 ---- 694.4	410 ---- 903.8
32.5 --- 71.6	127.5 --- 281.0	222.5 --- 490.5	317.5 --- 699.9	412.5 --- 909.3
35 ---- 77.1	130 ---- 286.5	225 ---- 496	320 ---- 705.4	415 ---- 914.9
37.5 --- 82.6	132.5 --- 292.1	227.5 --- 501.5	322.5 --- 710.9	417.5 --- 920.4
40 ---- 88.1	135 ---- 297.6	230 ---- 507.0	325 ---- 716.4	420 ---- 925.9
42.5 --- 93.6	137.5 --- 303.1	232.5 --- 512.5	327.5 --- 722.0	422.5 --- 931.4
45 ---- 99.2	140 ---- 308.6	235 ---- 518.0	330 ---- 727.5	425 ---- 936.9
47.5 --- 104.7	142.5 --- 314.1	237.5 --- 523.5	332.5 --- 733.0	427.5 --- 942.4
50 ---- 110.2	145 ---- 319.6	240 ---- 529.1	335 ---- 738.5	430 ---- 947.9
52.5 --- 115.7	147.5 --- 325.1	242.5 --- 534.6	337.5 --- 744.0	432.5 --- 953.4
55 ---- 121.2	150 ---- 330.6	245 ---- 540.1	340 ---- 749.5	435 ---- 959.0
57.5 --- 126.7	152.5 --- 336.2	247.5 --- 545.6	342.5 --- 755.0	437.5 --- 964.5
60 ---- 132.2	155 ---- 341.7	250 ---- 551.1	345 ---- 760.5	440 ---- 970.0
62.5 --- 137.7	157.5 --- 347.2	252.5 --- 556.6	347.5 --- 766.0	442.5 --- 975.5
65 ---- 143.2	160 ---- 352.7	255 ---- 562.1	350 ---- 771.6	445 ---- 981.0
67.5 --- 148.8	162.5 --- 358.2	257.5 --- 567.6	352.5 --- 777.1	447.5 --- 986.5
70 ---- 154.3	165 ---- 363.7	260 ---- 573.1	355 ---- 782.6	450 ---- 992.0
72.5 --- 159.8	167.5 --- 369.2	262.5 --- 578.7	357.5 --- 788.1	452.5 --- 997.5
75 ---- 165.3	170 ---- 374.7	265 ---- 584.2	360 ---- 793.6	455 ---- 1003.0
77.5 --- 170.8	172.5 --- 380.2	267.5 --- 589.7	362.5 --- 799.1	457.5 --- 1008.6
80 ---- 176.3	175 ---- 385.8	270 ---- 595.2	365 ---- 804.6	460 ---- 1014.1
82.5 --- 181.8	177.5 --- 391.3	272.5 --- 600.7	367.5 --- 810.1	462.5 --- 1019.6
85 ---- 187.3	180 ---- 396.8	275 ---- 606.2	370 ---- 815.7	465 ---- 1025.1
87.5 --- 192.9	182.5 --- 402.3	277.5 --- 611.7	372.5 --- 821.2	467.5 --- 1030.6
90 ---- 198.4	185 ---- 407.8	280 ---- 617.2	375 ---- 826.7	470 ---- 1036.1
92.5 --- 203.9	187.5 --- 413.3	282.5 --- 622.7	377.5 --- 832.2	472.5 --- 1041.6
95 ---- 209.4	190 ---- 418.8	285 ---- 628.3	380 ---- 837.7	475 ---- 1047.1
97.5 --- 214.9	192.5 --- 424.3	287.5 --- 633.8	382.5 --- 843.2	477.5 --- 1052.6
100 ---- 220.4	195 ---- 429.8	290 ---- 639.3	385 ---- 848.7	480 ---- 1058.2
102.5 --- 225.9	197.5 --- 435.4	292.5 --- 644.8	387.5 --- 854.2	482.5 --- 1063.7
105 ---- 231.4	200 ---- 440.9	295 ---- 650.3	390 ---- 859.7	485 ---- 1069.2
107.5 --- 236.9	202.5 --- 446.4	297.5 --- 655.8	392.5 --- 865.3	487.5 --- 1074.7
110 ---- 242.5	205 ---- 451.9	300 ---- 661.3	395 ---- 870.8	490 ---- 1080.2
112.5 --- 248.0	207.5 --- 457.4	302.5 --- 666.8	397.5 --- 876.3	492.5 --- 1085.7
115 ---- 253.5	210 ---- 462.9	305 ---- 672.4	400 ---- 881.8	495 ---- 1091.2
117.5 --- 259.0	212.5 --- 468.4	307.5 --- 677.9	402.5 --- 887.3	497.5 --- 1096.7
				500 ---- 1102.3



Loading Chart for 10 Kilo Bar /Collars

10 Kilo	22lbs	Bar
12.5 Kilo	27lbs	Bar + 1.25
15 Kilo	33lbs	Bar + 2.5
17.5 Kilo	38lbs	Bar + 2.5 + 1.25
20 Kilo	44lbs	Bar + 5
22.5 Kilo	49lbs	Bar + 5 + 1.25
25 Kilo	55lbs	Bar + 5 + 2.5
27.5 Kilo	60lbs	Bar + 5 + 2.5 + 1.25
30 Kilo	66lbs	Bar + 10
32.5 Kilo	71lbs	Bar + 10 + 1.25
35 Kilo	77lbs	Bar + 10 + 2.5
37.5 Kilo	82lbs	Bar + 10 + 2.5 + 1.25
40 Kilo	88lbs	Bar + 15
42.5 Kilo	93lbs	Bar + 15 + 1.25
45 Kilo	99lbs	Bar + 15 + 2.5
47.5 Kilo	104lbs	Bar + 15 + 2.5 + 1.25
50 Kilo	110lbs	Bar + 20
52.5 Kilo	115lbs	Bar + 20 + 1.25
55 Kilo	121lbs	Bar + 20 + 2.5
57.5 Kilo	126lbs	Bar + 20 + 2.5 + 1.25
60 Kilo	132lbs	Bar + 25
62.5 Kilo	137lbs	Bar + 25 + 1.25
65 Kilo	143lbs	Bar + 25 + 2.5
67.5 Kilo	148lbs	Bar + 25 + 2.5 + 1.25
70 Kilo	154lbs	Bar + 25 + 5
72.5 Kilo	159lbs	Bar + 25 + 5 + 1.25
75 Kilo	165lbs	Bar + 25 + 5 + 2.5
77.5 Kilo	170lbs	Bar + 25 + 5 + 2.5 + 1.25
80 Kilo	176lbs	Bar + 25 + 10
82.5 Kilo	181lbs	Bar + 25 + 10 + 1.25
85 Kilo	187lbs	Bar + 25 + 10 + 2.5
87.5 Kilo	192lbs	Bar + 25 + 10 + 2.5 + 1.25
90 Kilo	198lbs	Bar + 25 + 15
92.5 Kilo	203lbs	Bar + 25 + 15 + 1.25
95 Kilo	209lbs	Bar + 25 + 15 + 2.5

Kilo Loading Chart FOR 4 x 25 KG SET (collars included)

20	-	Bar	44.08	130	-	25-25-2½	286.52
25	-	bar,collar	55.1	132.5	-	25-25-2½-1¼	292.03
27.5	-	1¼	60.61	135	-	25-25-5	297.54
30	-	2½	66.12	137.5	-	25-25-5-1¼	303.05
32.5	-	2½-1¼	71.63	140	-	25-25-5-2½	308.56
35	-	5	77.14	142.5	-	25-25-5-2½-1¼	314.07
37.5	-	5-1¼	82.65	145	-	25-25-10	319.58
40	-	5-2½	88.16	147.5	-	25-25-10-1¼	325.09
42.5	-	5-2½-1¼	93.67	150	-	25-25-10-2½	330.6
45	-	10	99.18	152.5	-	25-25-10-2½-1¼	336.11
47.5	-	10-1¼	104.69	155	-	25-25-15	341.62
50	-	10-2½	110.2	157.5	-	25-25-15-1¼	347.13
52.5	-	10-2½-1¼	115.71	160	-	25-25-15-2½	352.64
55	-	15	121.22	162.5	-	25-25-15-2½-1¼	358.15
57.5	-	15-1¼	126.73	165	-	25-25-20	363.66
60	-	15-2½	132.24	167.5	-	25-25-20-1¼	369.17
62.5	-	15-2½-1¼	137.75	170	-	25-25-20-2½	374.68
65	-	20	143.26	172.5	-	25-25-20-2½-1¼	380.19
67.5	-	20-1¼	148.77	175	-	25-25-25	385.7
70	-	20-2½	154.28	177.5	-	25-25-25-1¼	391.21
72.5	-	20-2½-1¼	159.79	180	-	25-25-25-2½	396.72
75	-	25	165.3	182.5	-	25-25-25-2½-1¼	402.23
77.5	-	25-1¼	170.81	185	-	25-25-25-5	407.74
80	-	25-2½	176.32	187.5	-	25-25-25-5-1¼	413.25
82.5	-	25-2½-1¼	181.83	190	-	25-25-25-5-2½	418.76
85	-	25-5	187.34	192.5	-	25-25-25-5-2½-1¼	424.27
87.5	-	25-5-1¼	192.85	195	-	25-25-25-10	429.78
90	-	25-5-2½	198.36	197.5	-	25-25-25-10-1¼	435.29
92.5	-	25-5-2½-1¼	203.87	200	-	25-25-25-10-2½	440.8
95	-	25-10	209.38	202.5	-	25-25-25-10-2½-1¼	446.31
97.5	-	25-10-1¼	214.89	205	-	25-25-25-15	451.82
100	-	25-10-2½	220.4	207.5	-	25-25-25-15-1¼	457.33
102.5	-	25-10-2½-1¼	225.91	210	-	25-25-25-15-2½	462.84
105	-	25-15	231.42	212.5	-	25-25-25-15-2½-1¼	468.35
107.5	-	25-15-1¼	236.93	215	-	25-25-25-20	473.86
110	-	25-15-2½	242.44	217.5	-	25-25-25-20-1¼	479.37
112.5	-	25-15-2½-1¼	247.95	220	-	25-25-25-20-2½	484.88
115	-	25-20	253.46	222.5	-	25-25-25-20-2½-1¼	490.39
117.5	-	25-20-1¼	258.97	225	-	25-25-25-25	495.9
120	-	25-20-2½	264.48	227.5	-	25-25-25-25-1¼	501.41
122.5	-	25-20-2½-1¼	269.99	230	-	25-25-25-25-2½	506.92
125	-	25-25	275.5	232.5	-	25-25-25-25-2½-1¼	512.43

127.5	-	25-25-1¼	281.01	235	-	25-25-25-25-5	517.94
237.5	-	25-25-25-25-5-1¼	523.45	285	-	25-25-25-25-20-10	628.14
240	-	25-25-25-25-5-2½	528.96	287.5	-	25-25-25-25-20-10-1¼	633.65
242.5	-	25-25-25-25-5-2½-1¼	534.47	290	-	25-25-25-25-20-10-2½	639.16
245	-	25-25-25-25-10	539.98	292.5	-	25-25-25-25-20-10-2½-1¼	644.67
247.5	-	25-25-25-25-10-1¼	545.49	295	-	25-25-25-25-20-15	650.18
250	-	25-25-25-25-10-2½	551	297.5	-	25-25-25-25-20-15-1¼	655.69
252.5	-	25-25-25-25-10-2½-1¼	556.51	300	-	25-25-25-25-20-15-2½	661.2
255	-	25-25-25-25-15	562.02	302.5	-	25-25-25-25-20-15-2½-1¼	666.71
257.5	-	25-25-25-25-15-1¼	567.53	305	-	25-25-25-25-20-15-5	672.22
260	-	25-25-25-25-15-2½	573.04	307.5	-	25-25-25-25-20-15-5-1¼	677.73
262.5	-	25-25-25-25-15-2½-1¼	578.55	310	-	25-25-25-25-20-15-5-2½	683.24
265	-	25-25-25-25-20	584.06	312.5	-	25-25-25-25-20-15-5-2½-1¼	688.75
267.5	-	25-25-25-25-20-1¼	589.57	315	-	25-25-25-25-20-15-10	694.26
270	-	25-25-25-25-20-2½	595.08	317.5	-	25-25-25-25-20-15-10-1¼	699.77
272.5	-	25-25-25-25-20-2½-1¼	600.59	320	-	25-25-25-25-20-15-10-2½	705.28
275	-	25-25-25-25-20-5	606.1	322.5	-	25-25-25-25-20-15-10-2½-1¼	710.79
277.5	-	25-25-25-25-20-5-1¼	611.61	325	-	25-25-25-25-20-15-10-5	716.3
280	-	25-25-25-25-20-5-2½	617.12	327.5	-	25-25-25-25-20-15-10-5-1¼	721.81
282.5	-	25-25-25-25-20-5-2½-1¼	622.63	330	-	25-25-25-25-20-15-10-5-2½	727.32

Kilo and Pound Loading Chart for Strict Curl

Kilos	LBS	25	20	15	10	5	2.5	1.25	0.5	0.25
15	33.07									
15.5	34.17									1
16	35.27								1	
16.5	36.38								1	1
17	37.48								2	
17.5	38.58							1		
18	39.68							1		1
18.5	40.79							1	1	
19	41.89							1	1	1
19.5	42.99							1	2	
20	44.09						1			
20.5	45.19						1			1
21	46.3						1		1	
21.5	47.4						1		1	1
22	48.5						1		2	
22.5	49.6						1	1		
23	50.71						1	1		1
23.5	51.81						1	1	1	
24	52.91						1	1	1	1
24.5	54.01						1	1	2	
25	55.12					1				
25.5	56.22					1				1
26	57.32					1			1	
26.5	58.42					1			1	1
27	59.52					1			2	
27.5	60.63					1		1		
28	61.73					1		1		1
28.5	62.83					1		1	1	
29	63.93					1		1	1	1
29.5	65.04					1		1	2	
30	66.14					1	1			
30.5	67.24					1	1			1
31	68.34					1	1		1	
31.5	69.44					1	1		1	1
32	70.55					1	1		2	
32.5	71.65					1	1	1		
33	72.75					1	1	1		1
33.5	73.85					1	1	1	1	
34	74.96					1	1	1	1	1
34.5	76.06					1	1	1	2	
35	77.16				1					
35.5	78.26				1					1
36	79.37				1				1	
36.5	80.47				1				1	1
37	81.57				1				2	
37.5	82.67				1			1		
38	83.77				1			1		1
38.5	84.88				1			1	1	
39	85.98				1			1	1	1
39.5	87.08				1			1	2	
40	88.18				1		1			
40.5	89.29				1		1			1
41	90.39				1		1		1	

Kilos	LBS	25	20	15	10	5	2.5	1.25	0.5	0.25
41.5	91.49				1		1		1	1
42	92.59				1		1		2	
42.5	93.7				1		1	1		
43	94.8				1		1	1		1
43.5	95.9				1		1	1	1	
44	97				1		1	1	1	1
44.5	98.1				1		1	1	2	
45	99.21			1						
45.5	100.3			1						1
46	101.4			1					1	
46.5	102.5			1					1	1
47	103.6			1					2	
47.5	104.7			1				1		
48	105.8			1				1		1
48.5	106.9			1				1	1	
49	108			1				1	1	1
49.5	109.1			1				1	2	
50	110.2			1			1			
50.5	111.3			1			1			1
51	112.4			1			1		1	
51.5	113.5			1			1		1	1
52	114.6			1			1		2	
52.5	115.7			1			1	1		
53	116.8			1			1	1		1
53.5	117.9			1			1	1	1	
54	119			1			1	1	1	1
54.5	120.2			1			1	1	2	
55	121.3	1								
55.5	122.4	1								1
56	123.5	1							1	
56.5	124.6	1							1	1
57	125.7	1							2	
57.5	126.8	1						1		
58	127.9	1						1		1
58.5	129	1						1	1	
59	130.1	1						1	1	1
59.5	131.2	1						1	2	
60	132.3	1					1			
60.5	133.4	1					1			1
61	134.5	1					1		1	
61.5	135.6	1					1		1	1
62	136.7	1					1		2	
62.5	137.8	1					1	1		
63	138.9	1					1	1		1
63.5	140	1					1	1	1	
64	141.1	1					1	1	1	1
64.5	142.2	1					1	1	2	
65	143.3	1								
65.5	144.4	1								1
66	145.5	1							1	
66.5	146.6	1							1	1
67	147.7	1							2	
67.5	148.8	1						1		

Kilos	LBS	25	20	15	10	5	2.5	1.25	0.5	0.25
67.5	148.8	1						1		
68	149.9	1						1		1
68.5	151	1						1	1	
69	152.1	1						1	1	1
69.5	153.2	1						1	2	
70	154.3	1					1			
70.5	155.4	1					1			1
71	156.5	1					1		1	
71.5	157.6	1					1		1	1
72	158.7	1					1		2	
72.5	159.8	1					1	1		
73	160.9	1					1	1		1
73.5	162	1					1	1	1	
74	163.1	1					1	1	1	1
74.5	164.2	1					1	1	2	
75	165.3	1				1				
75.5	166.4	1				1				1
76	167.5	1				1			1	
76.5	168.7	1				1			1	1
77	169.8	1				1			2	
77.5	170.9	1				1		1		
78	172	1				1		1		1
78.5	173.1	1				1		1	1	
79	174.2	1				1		1	1	1
79.5	175.3	1				1		1	2	
80	176.4	1				1	1			
80.5	177.5	1				1	1			1
81	178.6	1				1	1		1	
81.5	179.7	1				1	1		1	1
82	180.8	1				1	1		2	
82.5	181.9	1				1	1	1		
83	183	1				1	1	1		1
83.5	184.1	1				1	1	1	1	
84	185.2	1				1	1	1	1	1
84.5	186.3	1				1	1		2	
85	187.4	1			1					
85.5	188.5	1			1					1
86	189.6	1			1				1	
86.5	190.7	1			1				1	1
87	191.8	1			1				2	
87.5	192.9	1			1			1		
88	194	1			1			1		1
88.5	195.1	1			1			1	1	
89	196.2	1			1			1	1	1
89.5	197.3	1			1			1	2	
90	198.4	1			1		1			
90.5	199.5	1			1		1			1
91	200.6	1			1		1		1	
91.5	201.7	1			1		1		1	1
92	202.8	1			1		1		2	
92.5	203.9	1			1		1	1		
93	205	1			1		1	1		1
93.5	206.1	1			1		1	1	1	