

UNITED STATES POLICE AND FIRE CHAMPIONSHIPS

**BENCH PRESS and PUSH-PULL
HANDBOOK**

2026

**UNITED STATES POLICE and FIRE CHAMPIONSHIPS
BENCH PRESS and PUSH PULL RULES**

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The official rules of the United States Police and Fire Championships (USPFC) are based upon the rules of the International Powerlifting Federation (IPF), which shall be employed except when they conflict with the rules of the United States Police and Fire Championships. Throughout the rules of the USPFC whenever the words “he” or “she” occur such reference is deemed to apply to either gender.

1. **Lifts:** The United States Police and Fire Championships recognizes the following lifts:
(a) **Bench Press** (b) **Dead Lift** (c) **Push-Pull** – combination of (a) & (b). Bench Press and Push Pull are two different events that require two separate weigh-ins.
2. **Competition** takes place between lifters in categories defined by gender, bodyweight, and age.
3. **Rules** apply to all competitions sanctioned by the United States Police and Fire Championships.
4. **Attempts:** Each competitor is allowed three attempts on each lift. The lifter’s best valid attempt on each lift counts towards his competition total. **No fourth attempts are permitted for the setting of records.** The winner of a category shall be the lifter who achieves the highest total. Lifters failing to achieve a total are eliminated from the competition. If two or more lifters in an identical category achieve the same total, the lighter lifter ranks above the heavier.
5. **Age Categories:** Age grouping is determined by the lifter’s actual age on the first day of the USPFC.

Individual; Men 18-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+

Individual; Women 18-29, 30-39, 40-49, 50-59, 60-69, 70+
6. **Changing Divisions (Age):** A 30+, 40+, 50+, 60+, 70+, or 80+ has the option to compete in the 18-29 division and must so state on his or her entry form. All changes the competitor wishes to make must be completed prior to the beginning of the USPFC.
7. **Registration:** Competitors will not be permitted to register for the Bench Press or Push-Pull Competitions at the weigh-in venue or the competition venue. Officials conducting the equipment check and the weigh-in are **not** authorized to alter any documents supplied through official registration channels.
8. **Eligibility:** Only persons eligible to enter USPFC competitions shall compete in either the Bench Press or Push-Pull competition.
9. **Registration Cards:** USPFC competitions are **closed** events hence **no** Powerlifting Federation membership cards will be required for participation.
10. **Inspection of Costume and Personal Equipment:** All competitors shall submit their costume and personal equipment for inspection prior to their admission to the weigh-in room.

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Note: All Bench Press and Push-Pull events sanctioned by the USPFC are “RAW” or non-supportive competitions. The use of supportive apparel is not permitted. This exclusion includes, but is not limited to: specialized bench shirts, support shirts, reinforced lifting suits, specialized support briefs and knee sleeves. *****Belt, and wrist wraps must be approved by the USPFC during weigh in.

WEIGHT CLASSES

MEN:	56.0 kg Class up to	56.0 kg		123 ½ lbs. & under
	60.0 kg Class from	56.01 kg to	60.0 kg	132 ¼ lbs. & under
	67.5 kg Class from	60.01 kg to	67.5 kg	148 ¾ lbs. & under
	75.0 kg Class from	67.51 kg to	75.0 kg	165 ¼ lbs. & under
	82.5 kg Class from	75.01 kg to	82.5 kg	181 ¾ lbs. & under
	90.0 kg Class from	82.51 kg to	90.0 kg	198 ¼ lbs. & under
	100.0 kg Class from	90.01 kg to	100.0 kg	220 ¼ lbs. & under
	110.0 kg Class from	100.01 kg to	110.0 kg	242 ½ lbs. & under
	125.0 kg Class from	110.01 kg to	125.0 kg	275 ½ lbs. & under
	+ 125.0+kg Class from	125.01 kg to	unlimited	Over 275 ½ lbs.
WOMEN:	44.0 kg Class up to	44.0 kg		97 lbs. & under
	48.0 kg Class from	44.01 kg to	48.0 kg	105 ¾ lbs. & under
	52.0 kg Class from	48.01 kg to	52.0 kg	114 ½ lbs. & under
	56.0 kg Class from	52.01 kg to	56.0 kg	123 ½ lbs. & under
	60.0 kg Class from	56.01 kg to	60.0 kg	132 ¼ lbs. & under
	67.5 kg Class from	60.01 kg to	67.5 kg	148 ¾ lbs. & under
	75.0 kg Class from	67.51 kg to	75.0 kg	165 ¼ lbs. & under
	82.5 kg Class from	75.01kg to	82.5 kg	181 ¾ lbs. & under
	90.0 kg Class from	82.51 kg to	90.0 kg	198 ¼ lbs. & under
	+ 90.0+kg Class from	90.01 kg to	unlimited	Over 198 ¼ lbs.

MEET PERSONNEL

The Sports Coordinator is directly responsible for providing all the personnel and equipment needed to stage the meet. **The success of the meet will largely depend on this factor.** (See Meet Directors Site Inspection Form, page 8.)

Minimum personnel needed for the Bench Press/Push-Pull Contest:

	One Platform	Two Platforms
Loaders/Spotters	4	8
Announcers	1	1
Judges	3	6
Expeditors	1	2
Warm-up Area Monitors	1	2
Medical (EMT-available by phone)		
Qualified announcer may fill in as a referee		
For the Deadlift, only 3 Loader/Spotters are needed per platform.		

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LOADERS and SPOTTERS

Loaders and spotters to add or subtract from the weights must be highly competent and have knowledge of the sport. The Host **MUST** conduct a training session for all loaders and spotters in advance of the USPFC, so they can protect lifters during the lift.

MEDICAL

An EMT (Emergency Medical Technician) or similar medical person shall be readily available (by phone is permissible) during the duration of the Bench Press/Push-Pull meet.

Communications shall be available at each venue and preparations made in case it is necessary to summon emergency services.

FACILITY

A small auditorium/convention center (or a large meeting or banquet room at the Host Hotel), with a **LARGE** staging area and warm-up area having separate rooms in which to change and weigh-in and with bathroom facilities. (See diagram and set-up for a one platform meet Page 10).

Scheduling Facilities: This may be a one-, two- or three-day meet, (depending upon number of athletes). Facilities will be required from early morning until late at night. The facility shall be available for set-up the day before the meet begins, and the day after for teardown.

You can expect many spectators. Adequate means should be provided to keep spectators separated from competitors. **CHILDREN** are not allowed in the staging area, nor are they allowed on stage at any time **DURING** the lifting competition.

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HOST COORDINATOR (MEET DIRECTOR) SITE INSPECTION FORM

MEET: _____ DATE: _____

EQUIPMENT, PERSONEL, OPERATIONS AND AWARDS	SATISFACTORY	IMPROVEMENT NEEDED	COMMENTS
1. PLATFORM(S)			
a. BENCH(ES)			
b. BAR(S)			
c. PLATES			
d. CHALK BOX			
e. LIGHTS			
f. WEIGHT JACK			
g. FOOT BLOCKS			
2. WARMUP AREA			
a. BENCHES			
b. BAR(S)			
c. PLATES			
d. CHALK BOX			
e. FRUIT			
f. WATER/CUPS			
3. PERSONNEL			
a. SPEAKER			
b. SCOREKEEPERS			
c. TIMER(S)			
d. EXPEDITOR(S)			
e. SPOTTERS/LOADERS			
f. REFEREES			
g.			
4. PRE-MEET ACTIV/EQUIP			
a. SCALE(S)			
b. WEIGH-IN			
c. EQUIPMENT CHECK			
d. RULES BRIEFING			
e. INFORMATION CARDS			
f. RULES BOOK/RECORDS			
5. MEET OPERATION			
a. STARTING PROMPT			
b. USE/MEET TIME			
c. COMMUN/PA SYSTEM			
d. GEN. FAC. COND.			
e.			
f.			
6. AWARDS			
a.			

ADDITIONAL COMMENTS: _____

MEET DIRECTOR

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**INSERT CURRENT SPORT INJURY/ACCIDENT REPORT
HERE**

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EQUIPMENT AND SPECIFICATIONS

Platform

Size: Minimum 2.5 m x 2.5 m; Maximum 4.0 x 4.0 m

The surface of the platform must be flat, firm, non-slip, and level. It must not exceed 10 cm in height from the surrounding stage or floor. The surface of the platform may be treated with an approved non-slip coating, e.g. boat deck paint. Loose rubber mats or similar sheeting materials are not permitted.

Bars

The bar shall be straight and well knurled and grooved and shall conform to the following:

1. Total overall length not to exceed 2.2 m.
2. Distance between collar faces is not to exceed 1.32m or be less than 1.31m
3. Diameter of the bar is not to exceed 29mm or be less than 28 mm.
4. Weight of the bar and collars to be 25 kg.
5. Diameter of the sleeve not to exceed 52mm or be less than 50mm.
6. The bar shall have machine markings or bar taped to measure 81 cm between marking or tape.

Discs

1. All discs used in competition must weigh within 0.25% of their face value.
2. The hole in the middle of the disc must not exceed 53mm or be less than 52mm.
3. Discs must be of the following range: 1.25 kg; 2.5 kg; 5 kg; 10 kg; 15 kg; 20 kg; and 25 kg.
4. For record purposes, lighter discs may be used to achieve a weight at least 500 grams more than the existing record.
5. Discs weighing 20 kg and over must not exceed 6 cm in thickness. Discs weighing 15 kg and under must not exceed 3 cm in thickness. Rubber discs do not have to conform to the stated thickness.
6. Discs must conform to the following color code: 10 kg and under—any color; 15 kg-yellow; 20 kg-blue; 25 kg-red.
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 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. The diameter of the largest disc shall not be more than 45 cm.
10. Rubber or rubber covered discs are acceptable provided there is a minimum of 10 cm from the outside of the collars to the end of the bar, for grip outside the discs.

Collars

- (a) Must always be used.
- (b) Must weigh 2.5 kg each

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Bench

The Bench shall be of sturdy construction for maximum stability and conform in the following dimensions:

1. Length – not less than 1.2 m and shall be flat and level.
2. Width – not less than 29 cm and not exceeding 32 cm.
3. Height – not less than 42 cm and not exceeding 45 cm measured from the floor to the top of the padded surface without being depressed or compressed. The height of the uprights, which must be adjustable, shall be a minimum of 75 cm to a maximum of 110 cm measured from the floor to the bar rest position.
4. Minimum width between insides of bar rest shall be 1.10 cm.
5. The head of the bench shall extend 22 cm beyond the center of the uprights with a tolerance of 5 cm either way.

Lights

A system of lights shall be provided whereby the referees shall make known their decisions. Each referee will control a white and a red light. These two colors represent a “good lift” and “no lift” respectfully. The lights shall be arranged horizontally to correspond to the positions of the 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 or paddles with which to make known their decisions on the Chief Referee’s command “**Flags.**”

Scoreboard

A properly detailed scoreboard visual to the spectators, officials, and all concerned with the progress of the competition must be provided. The lifter’s names should be arranged by lot numbers for each session. In the absence of a clearly visible scoreboard, a weight indicator **shall** be used to aid the referees, spotter/loaders, and the audience to identify the load on the bar.

Plate Racks

Each competition platform **SHALL** have one set of (2) plate racks for discs.

P.A. System

The system should have adequate speakers for the lifters and spectators to be kept informed. Whenever possible a speaker should be placed in the warm-up area so that lifters can follow the progress of the competition.

Chalk Bowl or Box

A chalk box with an adequate amount of gymnastic chalk should be placed next to each platform.

Timing Device

A timing device that is plainly visible to the announcer, lifters, loaders, and referees. (1 for a one platform meet) and (2 for a two platform meet)

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Weight Jacks

Weight Jacks are to be used in assisting Loaders/Spotters when adding or subtracting weights from the bar during the Dead Lift. (1 for a one platform meet) and (2 for a two platform meet).

EQUIPMENT NEEDED FOR A ONE OR TWO PLATFORM MEET

1. Competition Area: All equipment SHALL be set up the night before the competition.

a. Platform: Minimum size 2.5m x 2.5m, maximum size 4m x 4m. Suggested sizes 8'x 12'; use 3/4" thick plywood. Double the thickness if extra protection is needed.

b. Benches: One bench for a one-Platform meet and two benches for a two-Platform meet.

c. Bars: There SHALL BE one bar for each platform and one extra for a backup (total of three in competition area for a 2-platform meet). All bars shall be straight, well knurled and grooved and shall conform to all IPF dimensions.

d. Discs:

Disc size/quantity for a **one-platform** meet:

15 kg/2	5 kg/2	250 gm/2
25 kg/6	10 kg/2	1.25 kg/2
20 kg/2	5 kg/2	500 gm/2

Disc size/quantity for a **two-platform** meet:

15 kg/4	2.5 kg/4	250 gm/2
25 kg/12	10 kg/4	1.25 kg/4
20 kg/4	5 kg/4	500 gm/2

e. Collars:

1. Shall always be used in competition.
2. Must weigh 2.5 kg each.

f. Plate Racks: Each competition platform **SHALL** have one set of two (2) plate racks for discs.

g. Referee Lights: A system of lights shall be provided for each platform whereby the referees make known their decisions. The lights shall be arranged horizontally 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 referees.

h. P.A. System: The system should have adequate speakers for the lifters and spectators to be kept informed. Whenever possible a speaker should be placed in the warm-up area so that lifters can follow the progress of the competition.

i. Scales: Scales must be of an electronic digital type and register to the second place of decimals. They must have the capacity to weigh up to 180 kg. A scales certificate to accompany the scales must be current to within one year of the date of the competition.

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A copy of the scale's certification SHALL BE AVAILABLE ON-SITE and be given to the USPFC Director for Bench Press/Push-Pull.

2. USPFC OFFICIAL BENCH PRESS/PUSH-PULL INFORMATION CARD

- a. Sports Coordinator SHALL request and use the USPFC Bench Press or Push Pull Information Card at each meet and no other cards. (See sample, page 15.)
- b. After each meet, all information cards shall be turned over to the USPFC Director for Bench Press or Push-Pull within twenty-four (24) hours.

3. BENCH PRESS/PUSH-PULL RESULT FORMS AND NEW RECORDS

The Result Forms for competitions will be provided by the USPFC and these forms are the ones to be used on your sports' results boards. Please note that there is a difference between the Results Sheets used by officials and the Results Forms required to be used on results boards and returned completed to the USPFC after the competition is complete. (See page 17 for an example of the forms which will be used by the officials.)

4. MISCELLANEOUS EQUIPMENT: To be placed in area of the competition platforms.

- a. Rope and Stanchions (to be placed around each of the scoring tables so competitors cannot approach official's scores).
- b. Two large tables for three persons per table (to be used as announcer's and scorekeeper's table).
- c. Wire brush and towels for each platform.
- d. Scoreboard to keep track of poundage on the bar shall be used. The Board is displayed where it is visible to the spectators, loaders, scorekeepers, and announcers.
- e. Chalk box with an adequate amount of gymnastic chalk should be placed next to each platform.
- f. Timing device that is plainly visible to the announcer, lifters, loaders and referees.
- g. CURRENT COPY OF THE USPFC SPORT RULES FOR THE BENCH PRESS/ PUSH-PULL CONTEST, THE USPFC GENERAL SPORTS RULES & INTERNATIONAL POWERLIFTING FEDERATION RULES (FOR GUIDELINES ONLY).
- h. List of current USPFC records.
- i. Bleach Solution. Add ¼ cup of bleach per gallon of water (1-10 ratio) and have an adequate supply of clean rags to aid in removing foreign substances from the bars.
- j. Three (3) pairs of rubber gloves.
- k. Ten chairs

(List continued page 18)

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PUSH-PULL INFORMATION CARD

Name _____ Class _____ Lot # _____

Body Wt. _____ Dept. _____

Age _____ DOB ____/____/____ City _____ State _____

	1 st	2 nd	3 rd
Bench			
DL			

Bench _____

DL _____

Total _____

Place _____

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
 MEN 18-29 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80+

☐ ☐ ☐ ☐ ☐ ☐ ☐
 WOMEN 18-29 30-39 40-49 50-59 60-69 70+

BENCH PRESS INFORMATION CARD



Name _____ Class _____ Lot # _____

Body Wt. _____ Dept. _____

Age _____ DOB ____/____/____ City _____ State _____

	1 st	2 nd	3 rd
Bench			

Pin Height _____

Blocks - Large / Small

Safety Rack _____

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
 MEN 18-29 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80+

☐ ☐ ☐ ☐ ☐ ☐ ☐
 WOMEN 18-29 30-39 40-49 50-59 60-69 70+

Bench _____

Total _____

Place _____

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Equipment Check

Suit ()

Belt ()

Socks ()

Shoes ()

T-shirts ()

Knee sleeves () Wrist Wraps () Wrist Bands ()

Other _____

l. Ten pencils, five pens

m. Paper and scratch pads

n. Scotch tape

o. Five towels (bath size)

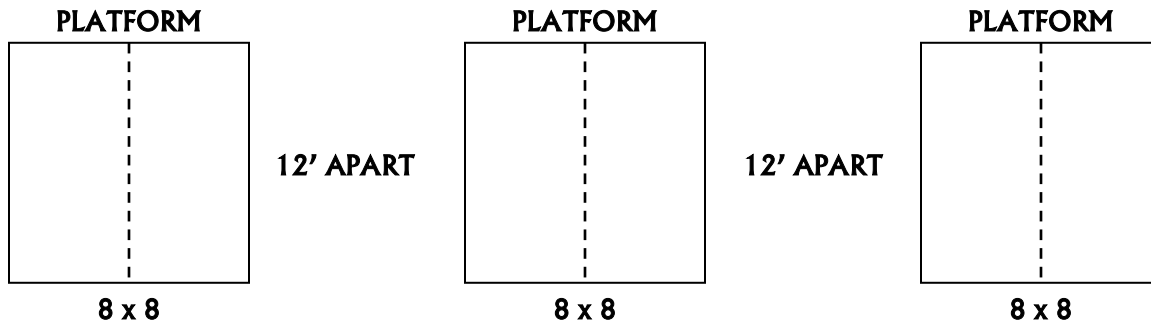
p. Score Board

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q. Two (2) Kilo conversion table charts (2 by 3 feet) see sample, page 20.

5. EQUIPMENT: WARM-UP AREA

a. PLATFORMS: For a one-platform meet, you shall have a minimum of two (2) platforms in the warm-up area (approximate size: 2.5M x 2.5M [8'x8']). For a two-platform meet you shall have a minimum of three (3) platforms in the warm-up area (approximate size: 2.5M x 2.5M [8'x8']).



b. BARS: A regulation power bar with collars shall be provided for each warm-up platform.

c. DISCS:

1. Disc Size/Quantity for a **one-platform** meet:

4 @ 50 kg or 100#	8 @ 25 kg or 45#
4 @ 15 kg or 35#	4 @ 10 kg or 25#
4 @ 2.5 kg or 10#	4 @ 1.25 kg or 5#
4 @ 250 gm or 2.5#	

6 @ 50 kg or 100#	12 @ 25 kg or 45#
6 @ 15 kg or 35#	6 @ 10 kg or 25#
6 @ 2.5 kg or 10#	6 @ 1.25 kg or 5#
6 @ 250 gm or 2.5#	

d. BENCHES: Two regulation benches for a one-platform meet. Three regulation benches for a two-platform meet.

e. DILUTED BLEACH: One quart (2 liters) of diluted bleach solution and an adequate supply of clean rags to aid in removing foreign substances from the bars.

f. GLOVES: Three pairs of rubber gloves.

g. CHALK BOX: with adequate supply of gymnastic chalk (Magnesium Carbonate).

h. ICE: and four packs.

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- i. WATER:** Large containers of chilled water plus other beverages.
- j. CUPS:** minimum of 200
- k. FRUIT:** large box of bananas and oranges or apples (each day of the meet).

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KILO CONVERSION TABLE

To convert kilos to pounds multiply kilos by 2.2046. Weightlifting rules state that poundages shall be rounded off by reducing to the nearest quarter. An example: 107.5 kilos multiplied by 2.2046 equals 236.99450. The poundage then becomes 236 $\frac{3}{4}$ rather than 237.

<u>Kilos</u>	<u>Pounds</u>	<u>Kilos</u>	<u>Pounds</u>	<u>Kilos</u>	<u>Pounds</u>	<u>Kilos</u>	<u>Pounds</u>
25	55	157.5	347	290	639 $\frac{1}{4}$	422.5	931 $\frac{1}{4}$
27.5	60.5	160	352.5	292.5	644 $\frac{3}{4}$	425	936 $\frac{3}{4}$
30	66	162.5	358	295	650 $\frac{1}{4}$	427.5	942 $\frac{1}{4}$
32.5	71.5	165	363 $\frac{3}{4}$	297.5	655 $\frac{3}{4}$	430	947 $\frac{3}{4}$
35	77	167.5	369 $\frac{1}{4}$	300	661 $\frac{1}{4}$	432.5	953 $\frac{1}{4}$
37.5	82.5	170	374 $\frac{3}{4}$	302.5	666 $\frac{3}{4}$	435	959
40	88	172.5	380 $\frac{1}{4}$	305	672 $\frac{1}{4}$	437.5	964.5
42.5	93.5	175	385 $\frac{3}{4}$	307.5	677 $\frac{3}{4}$	440	970
45	99	177.5	391 $\frac{1}{4}$	310	683 $\frac{1}{4}$	442.5	975.5
47.5	104.5	180	396 $\frac{3}{4}$	312.5	688 $\frac{3}{4}$	445	981
50	110	182.5	402 $\frac{1}{4}$	315	694 $\frac{1}{4}$	447.5	986.5
52.5	115.5	185	407 $\frac{3}{4}$	317.5	699 $\frac{3}{4}$	450	992
55	121 $\frac{1}{4}$	187.5	413 $\frac{1}{4}$	320	705 $\frac{1}{4}$	452.5	997.5
57.5	126 $\frac{3}{4}$	190	418 $\frac{3}{4}$	322.5	710 $\frac{3}{4}$	455	1003
60	132 $\frac{1}{4}$	192.5	424 $\frac{1}{4}$	325	716 $\frac{1}{4}$	457.5	1008.5
62.5	137 $\frac{3}{4}$	195	429 $\frac{3}{4}$	327.5	722	460	1014
65	143 $\frac{1}{4}$	197.5	435 $\frac{1}{4}$	330	727.5	462.5	1019.5
67.5	148 $\frac{3}{4}$	200	440 $\frac{3}{4}$	332.5	733	465	1025
70	154 $\frac{1}{4}$	202.5	446 $\frac{1}{4}$	335	738.5	467.5	1030.5
72.5	159 $\frac{3}{4}$	205	451 $\frac{3}{4}$	337.5	744	470	1036
75	165 $\frac{1}{4}$	207.5	457 $\frac{1}{4}$	340	749.5	472.5	1041.5
77.5	170 $\frac{3}{4}$	210	462 $\frac{3}{4}$	342.5	755	475	1047
80	176 $\frac{1}{4}$	212.5	468 $\frac{1}{4}$	345	760.5	477.5	1052.5
82.5	181 $\frac{3}{4}$	215	473 $\frac{3}{4}$	347.5	766	480	1058
85	187 $\frac{1}{4}$	217.5	479.5	350	771.5	482.5	1063.5
87.5	192 $\frac{3}{4}$	220	485	352.5	777	485	1069
90	198 $\frac{1}{4}$	222.5	490.5	355	782.5	487.5	1074.5
92.5	203 $\frac{3}{4}$	225	496	357.5	788	490	1080 $\frac{1}{4}$
95	209 $\frac{1}{4}$	227.5	501.5	360	793.5	492.5	1085 $\frac{3}{4}$
97.5	214 $\frac{3}{4}$	230	507	362.5	799	495	1091 $\frac{1}{4}$
100	220 $\frac{1}{4}$	232.5	512.5	365	804.5	497.5	1096 $\frac{3}{4}$
102.5	225 $\frac{3}{4}$	235	518	367.5	810	500	1102 $\frac{1}{4}$
105	231 $\frac{1}{4}$	237.5	523.5	370	815.5	502.5	1107 $\frac{3}{4}$
107.5	236 $\frac{3}{4}$	240	529	372.5	821	505	1113 $\frac{1}{4}$
110	242.5	242.5	534.5	375	826.5	507.5	1118 $\frac{3}{4}$
112.5	248	245	540	377.5	832	510	1124 $\frac{1}{4}$
115	253.5	247.5	545.5	380	837.5	512.5	1129 $\frac{3}{4}$
117.5	259	250	551	382.5	843 $\frac{1}{4}$	515	1135 $\frac{1}{4}$
120	264.5	252.5	556.5	385	848 $\frac{3}{4}$	517.5	1140 $\frac{3}{4}$
122.5	270	255	562	387.5	854 $\frac{1}{4}$	520	1146 $\frac{1}{4}$
125	275.5	257.5	567.5	390	859 $\frac{3}{4}$	522.5	1151 $\frac{3}{4}$
127.5	281	260	573	392.5	865 $\frac{1}{4}$	525	1157 $\frac{1}{4}$
130	286.5	262.5	578.5	395	870 $\frac{3}{4}$	527.5	1162 $\frac{3}{4}$
132.5	292	265	584	397.5	876 $\frac{1}{4}$	530	1168 $\frac{1}{4}$
135	297.5	267.5	589.5	400	881 $\frac{3}{4}$	532.5	1173 $\frac{3}{4}$
137.5	303	270	595	402.5	887 $\frac{1}{4}$	535	1179 $\frac{1}{4}$
140	308.5	272.5	600 $\frac{3}{4}$	405	892 $\frac{3}{4}$	537.5	1184 $\frac{3}{4}$
142.5	314	275	606 $\frac{1}{4}$	407.5	898 $\frac{1}{4}$	540	1190 $\frac{1}{4}$
145	319.5	277.5	611 $\frac{3}{4}$	410	903 $\frac{3}{4}$	542.5	1195 $\frac{1}{4}$
147.5	325	280	617 $\frac{1}{4}$	412.5	909 $\frac{1}{4}$	545	1201 $\frac{1}{2}$
150	330.5	282.5	622 $\frac{3}{4}$	415	914 $\frac{3}{4}$	547.5	1207
152.5	336	285	628 $\frac{1}{4}$	417.5	920 $\frac{1}{4}$	550	1212 $\frac{1}{2}$
155	341.5	287.5	633 $\frac{3}{4}$	420	925 $\frac{3}{4}$	552.5	1218

**UNITED STATES POLICE and FIRE CHAMPIONSHIPS
BENCH PRESS and PUSH PULL RULES**

COSTUME AND PERSONAL EQUIPMENT

1. Costume

A lifting costume **shall** consist of a **one-piece non-supportive** full length lifting suit such as a wrestling singlet or weightlifting costume. It shall have legs of a minimum of 3 cm and the legs may be longer than 15 cm but may not reach the knee. Only costumes officially approved by the USPFC Technical Committee **shall** be permitted for use in the **Bench Press** and the **Push-Pull** competitions. (See samples for all authorized costume and personal gear on page 23.)

2. T-Shirt

A T-Shirt shall be worn under the lifting suit during the performance of the Bench Press and Deadlift for both men and women. The T-Shirt shall be made of cotton or polyester, or a combination thereof, but not of any rubberized or similar stretch material, not have any reinforced seams of pockets, buttons, zippers, or other than a round neck collar. The t-shirt must have sleeves. Those sleeves must terminate below the lifter's deltoid and must not extend onto or below the lifter's elbow. The T-Shirt shall be plain but may have your department logo on it or be the official T-Shirt of the Games. That which is offensive or likely to bring the USPFC into disrepute is not allowed. A sponsor's logo must conform to the technical rules of the USPFC. **Specialized Bench Shirts or other supportive type shirts are not permitted.**

3. Belt

Competitors **may** wear a belt. If worn it **shall** be worn on the outside of the lifting suit. The main body **shall** be made of leather, vinyl, or other similar **non-stretch** material in one or more laminations which may be glued and/or stitched together. It may not have additional padding, bracing or supports of any material concealed within the laminations of the belt. The belt may have a buckle with one or two prongs or "quick release" type buckle. The maximum width of the belt is 10 cm. The maximum thickness along the main length is 13 mm.

4. Briefs/Supporters

A standard commercial "athletic supporter" or standard commercial brief of any mixture of cotton, nylon or polyester, but not swimming trunks or any other garment consisting of rubberized or similar stretch material (except in the waistband) **shall** be worn under the lifting suit. Provided that:

- a. Any support to the body of the lifter which may be provided by the "athletic supporter", or briefs is limited to the lifter's lower abdominal wall.
- b. The garment **does not have legs** and does not extend down the lifter's thighs. Boxer briefs are acceptable.



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5. Shoes/Boots

Lifting shoes or boots shall be worn. Shoes include boots, support shoes, trainers, gymnastic slippers or any foot covering that has a patterned molding or foot type outline that provides an innersole. Shoes with metal spikes or cleats are not permitted. Height of the heel shall not exceed 5 cm.

6. Knee Socks

Knee Socks **shall be worn** while dead lifting. They may be of any color or colors and may have manufacturer's logos. Socks **shall not** be of such length that they come in contact with the kneecap. Protective covering may be added to the **inside** of the socks to cover and protect the shins if they are determined at equipment check to be of no aid in the performance of the lift.

7. Knee Sleeves

Knee sleeves, being cylinders of neoprene, may be worn only on the knees by the lifter in the performance of any lift in competition; sleeves cannot be worn or used on any part of the body other than the knees. (a) The sleeves must be constructed entirely of a single ply of neoprene, or predominantly of a single ply of neoprene plus a non-supportive single layer of fabric over the neoprene. There may be stitched seams of the fabric and/or of the fabric onto the neoprene. The entire construction of the sleeves may not be such as to provide any appreciable support or rebound to the lifter's knees; (b) Knee sleeves shall be of a maximum thickness of 7 mm and a maximum length of 30 cm. (c) Knee sleeves shall not have any additional strapping, Velcro, drawstrings, padding or similar supportive devices in or on them. Knee sleeves must be continuous cylinders, without holes in the neoprene or in any covering material; (d) When worn by the lifter in competition, knee sleeves must not be in contact with the lifter's suit or socks and must be centered over the knee joint.

Knee Wraps are not allowed.

8. Wrist wraps

Wrist wraps (**3"x 12" or 3"x 24" or 3" x 36"**) **will be permitted**. If the wrist wraps have thumb loop, the thumb loops must be off the thumbs prior to gripping the bar.

Female lifter may wear Hijab (head scarf) while lifting. In Bench Press the Jury or Referees may require the lifter to affix her hair accordingly to the performance of the Bench Press.

**UNITED STATES POLICE and FIRE CHAMPIONSHIPS
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GENERAL

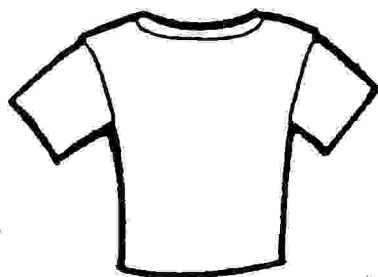
1. Medical Tape: contingent upon the approval by the Jury, Official Doctor, Paramedic, EMT personnel on duty may apply medical tape to bodily injuries in a fashion that would not grant the lifter undue advantage. Medical tape may not be used as aids to the lifter in holding the bar. In the absence of Jury or Medical personnel, the Chief Referee shall have jurisdiction over the use of medical tape.
2. The use of oil, grease or other lubricants on the body, costume or personal equipment is **strictly forbidden**.
3. Baby Powder, resin, talc or magnesium carbonate are the only substances that may be added to the body and attire.
4. The use of any form of adhesive on the underside of footwear is **strictly forbidden**. This applies to any built-in adhesive, e.g., glass paper, emery cloth, etc., and to include resin and magnesium carbonate.
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 sterilizing agent in cleaning of the bar, bench or platform.

INSPECTION OF COSTUME AND PERSONAL EQUIPMENT

1. The inspection of costume and personal equipment for every lifter in the competition may take place at any time prior to or during the weigh-in.
2. All items mentioned previously under costume and personal equipment shall be inspected.
3. Any item considered unclean or torn **shall be rejected**.
4. The referees shall record each item on the official inspection sheet. The inspection sheet shall be given to the Jury at the end of the inspection period.
5. If, after the inspection, a lifter appears on the platform wearing any item not listed on the Inspection Sheet, other than that which may have inadvertently been passed by the referees, the **lifter shall immediately be disqualified from the competition**.
6. Hats/caps are strictly forbidden to be worn on the platform during lifting, items such as watches, costume jewelry, eye wear and feminine hygiene need not be inspected. Standard commercial headbands may be worn while lifting, however such headbands must be declared and listed during the check of personal equipment.

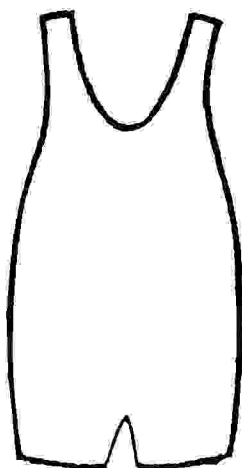
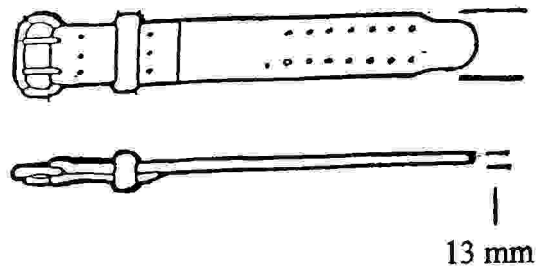
**UNITED STATES POLICE and FIRE CHAMPIONSHIPS
BENCH PRESS and PUSH PULL RULES**

COSTUME & PERSONAL GEAR CHART

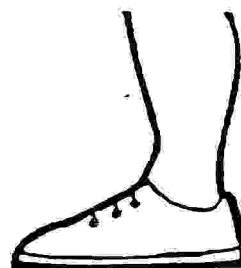


**MANDATORY
T-SHIRT**

**OPTIONAL
LIFTING BELT**



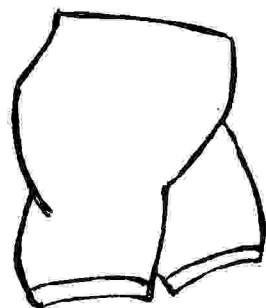
**MANDATORY
LIFTING
COSTUME**



**MANDATORY
SHOES OR
BOOTS**

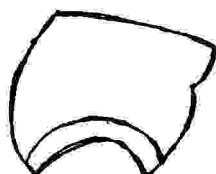
ILLEGAL

**MANDATORY
BRIEFS**

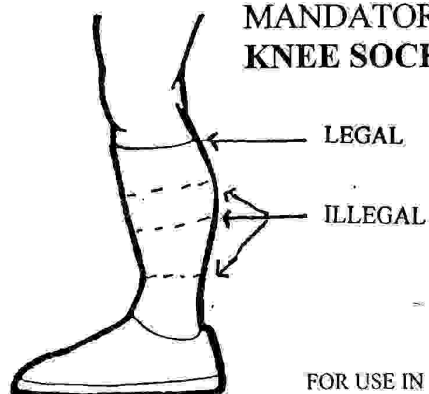


INCORRECT
MAY NOT HAVE LEGS

LEGAL



**MANDATORY
KNEE SOCKS**



FOR USE IN
DEADLIFT ONLY

**UNITED STATES POLICE and FIRE CHAMPIONSHIPS
BENCH PRESS and PUSH PULL RULES**

BENCH PRESS / DEAD LIFT RULES OF PERFORMANCE

1. The bench shall be placed on the platform with the head end facing the front or angled up to 45 degrees.
2. The lifter must lie on his/her back with shoulders and buttocks in contact with the bench surface. The soles and heel of his/her shoes shall be in contact with the floor or blocks. This body position must be maintained throughout the lift. **Their hands and fingers must grip the bar with “thumbs around” grip while the bar is positioned in the racks. This grip must be maintained throughout the lift.** (See sample of only legal grip on page 25.)
3. To achieve firm footing, the lifter may use flat surfaced discs or blocks not exceeding 30 cm in total height to build up the platform. Slight or very minor foot movement is allowed for on the platform or on the blocks.
4. Not more than three and not fewer than two spotter/loaders shall be on the platform at any time. After correctly positioning himself, the lifter may enlist the help of the spotter/loaders in removing the bar from the racks. The lift-off if assisted by the spotter/loaders must be to full arms extension. The lifter may have the spotter of his choice to perform the lift off.
5. The spacing of the hands shall not exceed 81 cm measured between the forefingers (both forefingers must be within the 81 cm marks). 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 the lift-off for each attempt and if necessary the bar will be marked accordingly. **The use of the reverse grip is forbidden.**
6. After removing the bar from the racks, with or without the help of the spotter/loaders, the lifter shall wait with elbows locked for the Chief Referee’s signal. The signal shall be given as soon as the lifter is motionless, and the bar is properly positioned. 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 second, he/she is not in the correct position to begin the lift.
7. The signal to begin the attempt shall consist of a downward movement of the arm together with the audible command **“START”**.
8. After receiving the signal the lifter must lower the bar to the chest, hold it motionless on the chest with a definite and visible pause. (Motionless means stopped). The Chief Referee will then give the audible command **“PRESS”**. The lifter must then return the bar to full extension of the arms with no excessive/immoderate uneven extension of the arms, both arms locking out simultaneously/together. When held motionless in this position the audible command **“RACK”** shall be given together with a backward motion of the arm, and at this time the spotter may assist in replacing the bar.
9. If anatomically, the arms cannot be fully extended the lifter shall inform the referees prior to each attempt.

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BENCH PRESS and PUSH PULL RULES**

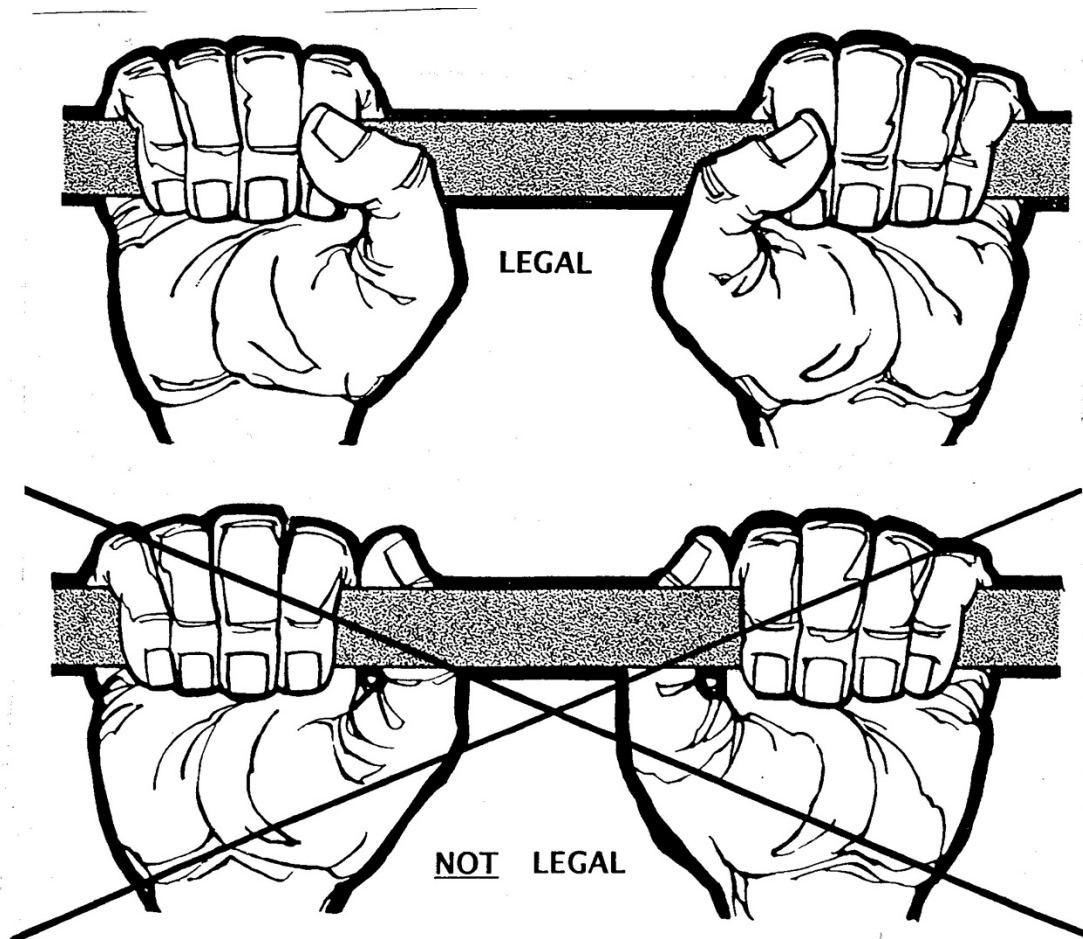
UNITED STATES POLICE and FIRE CHAMPIONSHIPS
BENCH PRESS and PUSH PULL RULES

BENCH PRESS GRIP

Bench Press, "Push- Pull"

The **ONLY LEGAL GRIP** for the Bench Press in any United States Police and Fire Championships event shall be as follows:

1. As a lifter grips the bar, the palms shall be facing outward and away from the face at all times.
2. As a lifter grips the bar, the thumbs shall be placed around the bar toward the palm side of the hand with the thumbnail in close proximity to the tip of each forefinger.



**UNITED STATES POLICE and FIRE CHAMPIONSHIPS
BENCH PRESS and PUSH PULL RULES**

Causes for Disqualification of a Bench Press

1. Failure to observe the Chief Referee's signals at commencement and completion of the lift.
2. Any change in the elected position during the lift proper, i.e., any raising movement of the shoulders, buttocks, from the bench or feet from the floor/blocks-discs or lateral movement of the hands on the bar.
3. Heaving, bouncing or sinking the bar into the chest after it has been motionless on the chest and the **"PRESS"** has been given, to make the lift easier.
4. Any pronounced/exaggerated uneven extension of the arms during the lift.
5. Any downward movement of the bar in the course of being pressed out.
6. Failure to press the bar to full extension of the arms simultaneously at the completion of the lift.
7. Contact with the bar or the lifter by the spotter/loaders between the Chief Referee's signals, to make the lift easier.
8. Any contact of the lifter's feet with the bench or its supports.
9. Failure to comply with any of the Rules of Performance.

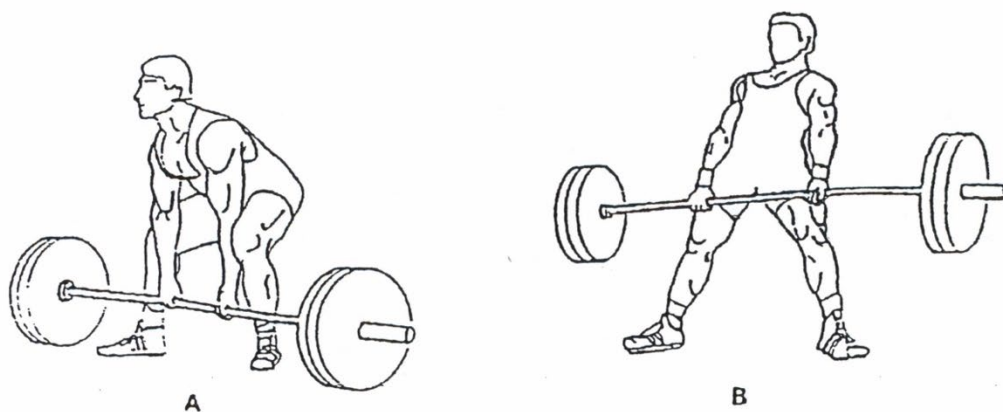
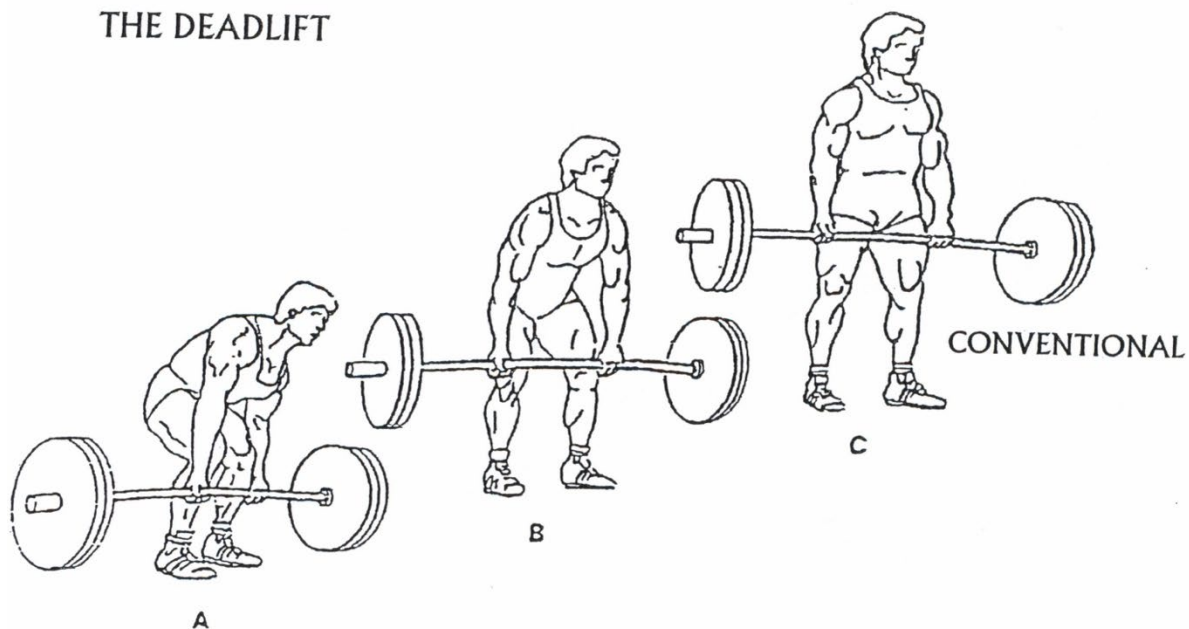
RULES OF PERFORMANCE

DEAD LIFT

1. The lifter shall face the front of the platform with the bar laid horizontally in front of the lifter's feet, gripped with an optional grip in both hands and lifted until the lifter is standing erect.
2. Upon 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 in the apparent finished position. If the bar is shaking when at the knee area, although not exactly pure, this is not a cause for failure.
4. Any raising of the bar or 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 this should not be a reason to disqualify the lift. (See sample, page 28.)

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BENCH PRESS and PUSH PULL RULES**

THE DEADLIFT



SUMO STYLE

Note: In each finished position the shoulders are in the erect position – not rounded or forward.
The knees are locked in a straight position

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BENCH PRESS and PUSH PULL RULES**

**UNITED STATES POLICE and FIRE CHAMPIONSHIPS
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Causes for Disqualification of a Dead Lift

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 thighs 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 sole or rocking 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 hands.
8. Failure to comply with any of the Rules of Performance

WEIGHT CLASS

Weight class must be declared on the entry form. All changes the competitor wishes to make must be completed prior to the beginning of the USPFC. Participants should be encouraged to adhere to the weight class designated on their Entry Form but will compete in the appropriate category after weigh in.

WEIGH-IN PROCEDURES

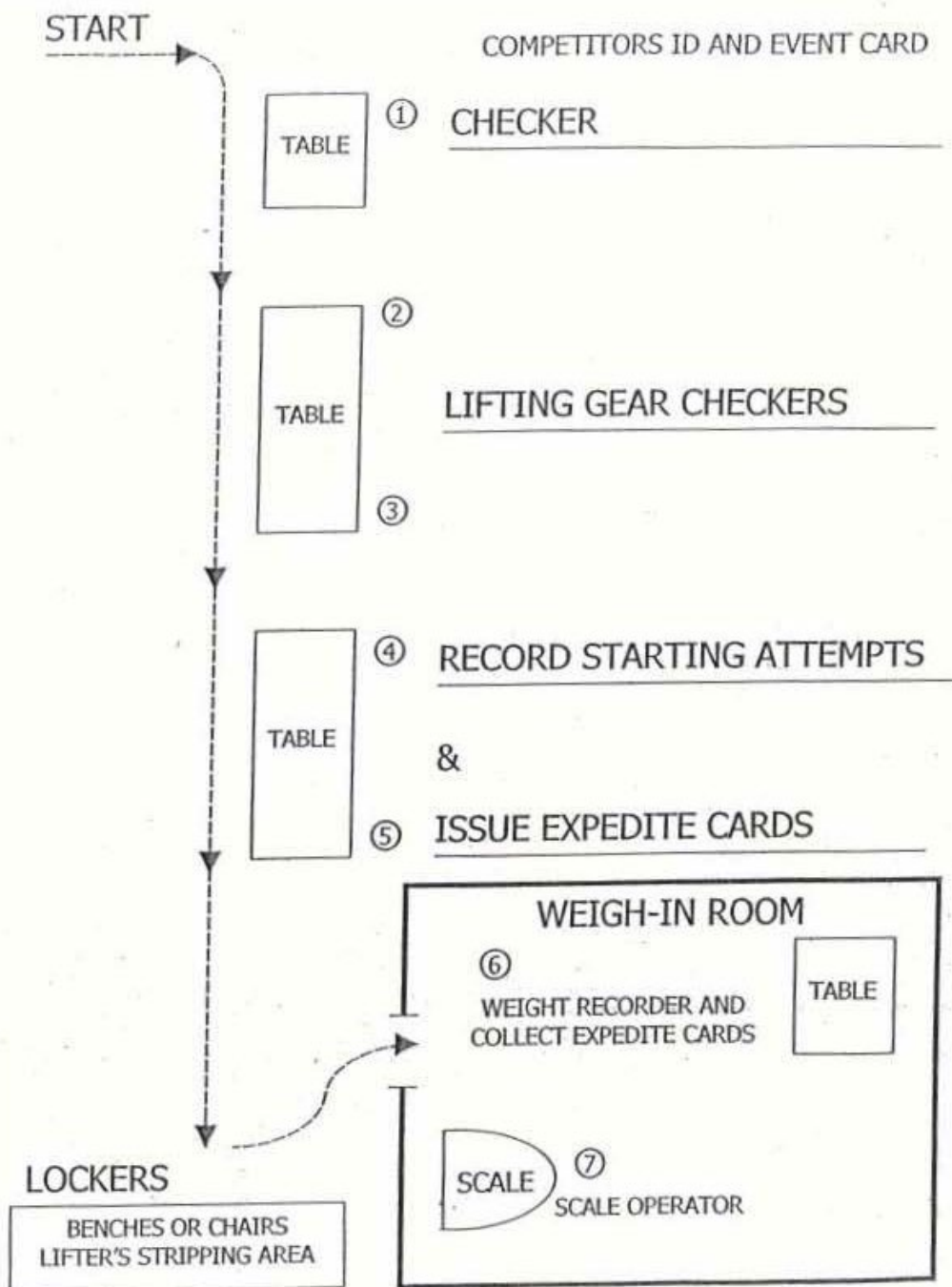
1. AT WEIGH-IN, ALL COMPETITORS **SHALL** HAVE THE FOLLOWING AUTHORIZED LIFTING GEAR WITH THEM **BEFORE BEING ALLOWED TO STEP ON THE SCALES.** T-SHIRT, LIFTING COSTUME, BRIEFS, SHOES OR BOOTS AND KNEE SOCKS FOR PUSH-PULL AND An OPTIONAL LIFTING BELT, **NO EXCEPTIONS.**
2. Weighing in of competitors shall not take place more than 24 hours prior to competition for the specific weight category. An additional weigh-in shall be held two hours prior to the actual competition and shall last one and one-half hours. (See samples for check-in and weigh-in area on page 31, and weigh-in schedule on page 32).
3. If not already done, lots will be drawn to establish the order of the weigh-in. The lots drawn also establish the order of lifting throughout the competition when lifters require the same weight for their attempts.

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BENCH PRESS and PUSH PULL RULES

4. Weigh-in will be in secret and the lifters allowed in one at a time. The weigh-in room will be locked, and the only persons allowed in are the lifter and his/her coach or trainer. The weigh-in results will not be made known until after all weigh-ins are completed.
5. Lifters shall be weighed-in nude or in briefs. For reasons of hygiene the lifter should wear socks on the scales platform. The platform may also be covered with paper toweling. In meets where women compete, adjustment in the weigh-in procedures shall be made to ensure that all lifters are weighed by officials of their own sex. Additional female officials may be appointed for this purpose.
6. Each lifter can only be weighed once, except those greater or lighter than the category limit. They are allowed to return to the scales. They are allowed one and one-half hours at a maximum from the beginning of the weigh-in session to make proper weight. The lifter in question must wait until all lifters have been weighed once and then those re-weighing may have as many opportunities to re-weigh as time allows, in an orderly fashion with consideration given to lot numbers. Only one re-weigh will be allowed if the time limit has expired.
7. A lifter who is too heavy or too light will move into the appropriate category, provided that that class has not competed already.
8. If there are no other lifters in the class which the lifter entered, the lifter will remain in that class and, upon successfully completing his/her lifts, receive a gold medal. If a number of lifters have applied but only one or two show, they may not be moved. They must lift in the age category which they indicated on their entry form.
9. When two lifters register the same weight at the weigh-in preceding a competition, and during the competition achieve the same total, they shall be re-weighted with the lighter lifter taking preference.
10. Lifters should check bench press rack heights, and, if needed, prepare the use of foot blocks/discs if desired prior to the start of the competition. The rack height sheet and noting of the use of foot blocks/discs should be initialed by the lifter or his/her coach.

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BENCH PRESS and PUSH PULL RULES

CHECK-IN AND WEIGH-IN AREA



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WEIGH-IN and LIFTING SCHEDULE

BENCH PRESS

4:30 pm – 6:30 pm	Day prior to competition	Early Weigh-in (or)
7:00 am – 8:00 am	Day of competition	Late Weigh-In
9:00 am – 9:30 am	Each lifter must attend	Rules Briefing
10:00 am		Lifting Starts

PUSH PULL

4:30pm – 6:30 pm	Day Prior to competition	Early Weigh-in (or)
7:00 am – 8:00 am	Day of Competition	Late Weigh-In
9:00 am – 9:30 am	Each lifter must attend	Rules Briefing
10:00 am		Lifting Starts

SCALES

Two scales officially certified as accurate (within one year preceding the competition) shall be provided at the location. **A copy of the scales certification SHALL BE AVAILABLE ON-SITE** and to be given to the USPFC Director for the Bench Press/Push-Pull.

ORDER OF COMPETITION

The Round System (Bracketing)

- a. At the weigh-in, the lifter or his coach must declare a starting weight for each of the events in which he has entered. They must be entered on the speaker card, signed by the lifter or his coach and retained by the officials conducting the weigh-in. If the lifter is entered in the Bench Press event only, he will be given five blank attempt cards. If entered in the Push-Pull event, he will be given three cards for the Bench Press and five cards for the Dead Lift. Each event is distinguished by a different colored card. Having made his/her first attempt at a lift, the lifter or his coach must decide upon the weight required for his second attempt. The weight must be filled in where indicated on the card and submitted to the Competition Secretary or other appointed official before the one minute time allowance has elapsed. The same procedure is to be used for the second and third attempts for each lift. Responsibility for submitting attempts within the time allowance rests solely with the lifter or his coach. In the Bench Press only event, the fourth and fifth boxes are to be used for the two permitted changes in the third attempt, if required. In the Push-Pull event, fourth and fifth boxes of the Dead Lift card are to be used for the two permitted changes in the third attempt, if required.
- b. Where 10 or more lifters are competing in a session, groups **may** be formed consisting of approximately equal number of lifters. However, groups **must** be formed when 15 or more lifters are competing in the same session. A session may be composed of a single bodyweight category or any combination of bodyweight categories at the discretion of the responsible competition officials.

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- c. 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.
- d. When a group consists of less than 6 lifters, compensatory time allowances shall be added at the end of each round as follows: For 5 lifters add one minute; 4 lifters add two minutes; for 3 lifters add three minutes. Three minutes is the maximum time allowance permitted. For compensatory time where groups are involved, unloading the bar will take place at the end of the compensatory time, reloaded, then the one minute to begin the lift.
- e. The bar must be loaded progressively during each round on the principle of the rising bar. At no time will the weight of the bar be lowered within a round except for errors as described in item (h) of this section, and then only at the end of the round.
Note: See also, item (b) in Errors in Loading.
- f. Lifting order within each round will be determined by the lifter's choice of weight for that round. In the event of two or more lifters choosing the same weight, the lifter with the lowest lot number will lift first. The same applies to third round single-lift Bench Press attempts and third round Dead Lift attempts, whereby the weight may be changed twice, subject to the bar not already been loaded for the lifter's originally chosen weight.
Example: Lifter A with lot number 5 puts in 250.0 kg.
Lifter B with lot number 2 puts in 252.5 kg.
Lifter A fails with 250.0 kg. Can Lifter B drop the weight to 250.0 kg. to win?
No, the order of lifting is still determined by the lot number.
- g. If unsuccessful with an attempt, the lifter does not follow themselves, but must wait until the next round before they can attempt that weight again.
- h. 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/her extra attempt at the end of the round. If the lifter also happens to be the last lifter in the round, he/she shall be granted a three minute rest prior to making his/her attempt.
- i. 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. If he is in the first group, this change may take place at any time up to within five minutes before the start of the first round of that lift. The following groups are accorded a similar privilege up to within five attempts from the end of the previous group's last round of that lift. Prior 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 five minutes of such announcement.
- j. 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 the lights are activated. If no weight is submitted within the one minute time allowance, the lifter's next attempt will

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BENCH PRESS and PUSH PULL RULES**

automatically be the same as the proceeding “NO LIFT” attempt and/or will automatically be assumed at 2.5 kg more than the preceding “GOOD LIFT” attempt.

- k. Weights submitted for second round attempts cannot be changed. Under this rule once a second attempt has been turned in, it cannot be withdrawn. The bar shall be loaded to the turned in weight and the clock will run.
- l. In the third round of the single-lift Bench Press, and the third round of the Dead Lift in the Push-Pull competition, changes are permitted. The change may be higher or lower than the lifter’s previously submitted third attempt. However, these are only permitted provided the lifter has not been called to the bar already loaded to his previously submitted weight. If the bar is declared “**READY**” or words to that effect by the Chief Referee, then the lifter is committed to the attempt.
Note: On the principle of the rising bar, should the lifter fail his/her second attempt, or should the lifter declare that he/she “forfeits” his/her second attempt, the weight cannot be lowered when the two (2) weight changes of third attempt are permitted.
- m. When two or more groups take part in a session upon a single platform, lifting will be organized on a group repetition basis. No time interval will be allowed between rounds other than that necessary for arranging the platform.

For example: In the Push-Pull competition, if two or more groups are taking part in a session, the first group will complete all three rounds of the Bench Press. This will be followed immediately by the second group which will complete their three rounds in the Bench Press and so forth, until all the bench pressing for that session has been completed. The platform will then be set up for the Dead Lift and the procedure outlined above will be followed in the Dead Lift until all of the lifts in that event have been completed.

REFEREES

There shall be at least five officials for a one platform meet and eight officials if two platforms are to be used. Of the three officials that are used at one time per platform, all must be USPFC accredited officials.

You shall not use persons from the audience or lifters who are not accredited USPFC judges.

If a USPFC Official is an active or retired police officer or fire fighter and holds a USPFC record in the Bench Press/Push-pull event they **shall not** officiate on a platform while an attempted lift is being made to break their own record, **when at all possible**.

Expenses for Referees

Host shall provide a lunch during each day of the meet for all referees and personnel involved in the staging of the meet, and the **Host shall** provide Bench Press/Push-Pull officials and announcer with hotel rooms, travel (such as airfare/mileage and airport/hotel parking) and their national per diem for the zone. **Details regarding expenses for officials, announcer and loaders/spotters shall be approved by the USPFC Director for Bench Press/Push-Pull no later than one (1) month prior to the date of the event.**

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Additional Sports Fees

If required, Host may request an additional sport fee for Bench Press/Push-Pull Contest due to the cost factor of bringing in the required officials. Submit this request in writing to the USPFC through the Director for Bench Press/Push-Pull. If this sport has full sponsorship, you may not need additional sports fees.

Referees Duties

1. The referees shall be three in number, the Chief Referee or Center Referee and two side referees.
2. The Chief Referee is responsible for giving the necessary signals for both lifts.
3. Signals required for the lifts are as follows:

Lift	Commencement	Completion
Bench Press	a visual signal consisting of a downward movement of the arm together with the audible command “Start,” then when the bar is motionless on the chest, the command “Press” .	A visual signal consisting of a backward movement of the arm together with the audible command “Rack” .
Dead Lift	No signal required.	A visual signal consisting of a downward movement of the arm together with the audible command “Down” .

4. Once the bar has been placed in the racks or on the platform at the completion of the lift, the referees will announce their decisions by means of lights; white for a “good lift” and “red” for “no lift”.
5. The three referees may seat themselves in what they consider to be the best viewing positions around the platform for each of the lifts. However, the Chief Referee must always bear in mind the need to be visible to the lifter performing the dead lift, and the side referees should always bear in mind to be visible to the Chief Referee so that he/she can observe their hands being raised.
6. Before the contest, the three referees shall jointly ascertain that
 - a. The platform and competition equipment comply in all respects with the rules. Bars and discs are checked for weight discrepancies and defective equipment discarded. A second bar and collars should be readied and put aside in case of damage to the original bar and collars.
 - b. The scales work correctly and are accurate (certified).
 - c. The lifters weigh-in within the limits of weight and time for their bodyweight category.

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- d. The lifter's costume and personal equipment has been inspected to comply with the rules in all respects.

It is the duty of the **lifter** to ensure that all items he wishes to wear on the platform have passed scrutiny of the examining referees. Lifters discovered wearing or using apparel that has not been checked-in may be subject to penalty, e.g., disqualification of the attempt.

7. During the competition the three referees must **jointly ascertain** that:
- a. The weight of the loaded bar agrees with the weight announced by the speaker. Referees will be issued loading charts for this purpose. Verification of the weight of the loaded bar is the **joint responsibility** of all three referees.
 - b. On the platform the lifter's costume and personal equipment complies with the rules. If any referee has reason to doubt a lifter's integrity in this respect, he/she must, after the completion of the lift, inform the Chief Referee of his/her suspicions. The President of the Jury may then examine the lifter's costume and personal equipment. If the lifter is found to be wearing or using any illegal item other than that which may have been inadvertently passed in error by the examining referees, the lifter shall be immediately disqualified from the competition. If wearing any illegal item passed in error by the examining referees, and the lift in which the discovery was made is successful, then that lift will not count, and the lifter will be granted a new attempt (having removed the illegal item) at the end of the round.
8. Prior to commencement of a lift, if either of the side referees do not accept the starting position of the lifter, they will raise a hand to call attention to the fault. If there is a majority of opinion among the referees that a fault exists, the Chief Referee will not give the signal to commence the lift. The lifter or his coach shall, on request, be informed of the reason for not receiving a start signal

Similarly, the lifter or his/her coach may request the reason for a "no lift" decision. Such request must be made before the lifter's next attempt. The Jury shall be responsible for conveying such information to the lifter. The lifter has the remainder of his/her unexpired time allowance in which to correct his/her position to receive the commencement signal. Once a lift has commenced, the side referees will not call attention to faults during the execution of the lift.

9. Referees shall abstain from commentary and not receive any document or verbal account concerning the progress of the competition. Therefore, it is essential that the lot number of each lifter accompanies his/her name on the scoreboard so that the referees can follow the order of lifting.
10. A referee shall not attempt to influence the decisions of the other referees.
11. The chief Referee may consult with the side referees, the Jury or any other official as necessary in order to expedite the competition.

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12. At his/her discretion, the Chief Referee may order that the bar and/or the platform be cleaned. If the lifter or his/her coach request the bar and/or the platform to be cleaned, the request **must** be made via the Chief Referee and not the spotter/loaders.
13. After the competition, the three referees shall sign the official score sheets or any other documents requiring a signature.

Responsibilities of the Officials

- a. The **Speaker** is responsible for the efficient running of the competition. He acts as the Master of Ceremonies and arranges the attempt chosen by the lifters in an orderly fashion, dictated by weight and, if necessary, lot number. He announces the weight required for the next attempt and the name of the lifter. When the bar is loaded and the platform cleared for lifting, the Chief Referee will indicate the fact to the Speaker, who will in turn immediately announce that the bar is **ready** and call the lifter to the platform.
To clarify – when the chief Referee indicates to the Speaker that the bar is **ready/loaded**, then the lifter is committed to the attempt.
- b. The **Technical Secretary** will compile the Jury and Referee schedules for duty throughout the competition. The Technical Secretary will initiate the score sheet, equipment check sheet, rack height sheet and order of weigh-in sheet for each category of the competition, entering the names of all the lifters participating in the category. If not already accomplished lots will be drawn to establish weighing-in and lifting order. He/she will make out speaker competition cards for every lifter. An adequate supply of lifter's attempt slips/cards will be handed to the Chief Referee for the appropriate session. The Technical Secretary will conduct a rules briefing for both the referees and the lifters and their coaches.
- c. The Time Keeper is responsible for accurately recording the lapse between the announcement that the bar is **ready** and the lifter starting his/her attempt. The Time Keeper is also responsible for recording time allowances whenever required, e.g. after an attempt the lifter shall leave the platform with 30 seconds.

Once the clock is running for a lifter, it can only be stopped by the completion of a time allowance, by the start of the lift, or at the discretion of the Chief Referee. Consequently, it is of great importance that the lifter or his/her coach check the height of the bar rest uprights and the availability of blocks/discs for the feet prior to being called, as once the bar is announced as being **ready**, the clock will be started. Any further adjustments to the racks or placement of the foot blocks/discs must be made within the lifter's one minute time allowance, unless the lifter has nominated his/her bar rack height, and this has been incorrectly set by the spotter/loaders. It is therefore essential that the bar rack height and the use of blocks/discs for the feet be initialed by the lifter or coach on the appropriate sheet. This is an official document, which should verify in any dispute.

The lifter is allowed one minute in which to start his/her attempt after being called to the platform. If he/she does not start his/her attempt within this time allowance, the Time Keeper will call "**Time**" and the Chief Referee shall give the audible command "**Rack**" together with a backward movement of the arm. The lift will be declared "**no lift**" and the attempt forfeited.

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When the lifter starts the lift within the prescribed time allowance, the clock will be stopped. The definition of the start of an attempt depends upon the particular lift being performed. In the Bench Press the start is to coincide with the Chief Referee's commencement signal: **"Start"**. In the Dead Lift, the start is when the lifter makes a determined attempt to raise the bar.

- d. **Marshals/Expeditors** are responsible for collecting the weight of required attempts from the lifters or their coaches and passing the information without delay to the Speaker. The lifter is allowed one minute between completing his/her last attempt and informing the Speaker, via the marshal, of the weight required for his/her next attempt.
- e. **Scorers** are responsible for accurately recording the progress of the competition and on completion, ensuring that the three referees signs the official score sheets or any other documents requiring signatures.
- f. **Spotter/Loaders** are responsible for loading and unloading the bar, adjusting the bar rest uprights as required, cleaning the bar or platform at the request of the Chief Referee, and generally ensuring that the platform is well maintained and presents a neat and tidy appearance at all times. At no time shall there be fewer than two or more than five spotter/loaders on the platform.

When a lifter prepares for an attempt, the spotter/loaders may assist him in removing the bar from the racks. Spotter/loaders may also assist in replacing the bar after the attempt. However, spotter/loaders shall not touch the lifter or the bar during the actual attempt, i.e., during the period of time that elapses between the commencement and completion signals. The only exception to this rule being that if the lift is in jeopardy and likely to result in injury to the lifter, the spotter/loaders may, either at the request of the Chief Referee or the lifter himself, step in and relieve the lifter of the bar. If the lifter is deprived of an otherwise successful attempt by the error of the spotter/loaders, and through no fault of his/her own, he/she shall be awarded another attempt at the discretion of the Referees and the Jury, and this attempt will take place at the end of the round.

Other than the initial removal of the bar from the racks, the lifter will not receive any help from the spotter/loaders in positioning himself/herself for an attempt.

Vicinity of the Platform

- a. During any competition taking place on a platform or stage, only the lifter, lifter's coach, members of the Jury, officiating referees and the spotter/loaders will be allowed around the platform or on the stage. During the execution of the lift only the lifter, the spotter/loaders and the officiating referees are permitted to be present on the platform. Coaches **shall** remain within the designated area as defined by the Jury or Technical Secretary.

Progression of the Bar

In USPFC sanctioned competitions, the weight of the barbell must always be in multiples of 2.5 kg between successful attempts. The weight of the bar shall be announced in kilograms.

Fourth attempts for the purpose of setting records are not permitted.

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Errors in Loading

The Chief Referee will be solely responsible for decisions taken in the case of loading errors or incorrect announcements by the speaker. The Chief Referee's decisions will be given to the Speaker who will then make the appropriate announcement.

Example in Errors in Loading;

- a. If the bar is loaded lighter than originally requested and the attempt is successful, the lifter may accept the successful attempt or elect to take the attempt again at the originally requested weight. If the attempt is not successful, the lifter will be granted a further attempt at the originally requested weight. In both of the above cases, further attempts may only be taken at the end of the round in which the error occurred.
- b. If the bar is loaded heavier than originally requested and the attempt is successful, the lifter will be granted the attempt. However, the weight may be reduced again if required for other lifters. If the attempt is not successful, the lifter will be granted a further attempt with the correct weight, at the end of the round in which the error occurred.
- c. If the loading is not the same on each end of the bar, or any change occurs to the bar or discs, or the platform is disarranged, if despite these factors, the lift is successful, the lifter may accept the attempt or elect to take their attempt again. If the successful attempt is not a multiple of 2.5 kg, then the closest lower multiple of 2.5 kg will be recorded on the score sheet. If the attempt is not successful, the lifter will be granted a further attempt. Further attempts may only be taken at the end of the round in which the error occurred.
- d. If the speaker makes a mistake by announcing a weight that is lighter or heavier than requested by the lifter, the Chief Referee will make the same decisions as for errors in loading
- e. If, for any reason, it is not possible for the lifter or lifter's coach to remain in the vicinity of the platform in order to follow the competition and lifter misses his/her attempt because the speaker omitted to announce the lift at the appropriate weight, then the weight will be reduced as necessary and the lifter allowed to take the attempt at the end of the round.

Disqualification

1. Three unsuccessful attempts in either the single-lift Bench Press or either lift in the Push-Pull event will automatically eliminate the lifter from the competition.
2. On the completion of an attempt, a lifter shall leave the platform within 30 seconds. Failure to comply with this rule **may** result in disqualification of the attempt at the discretion of the referees.
3. If, during competition warm-up, a lifter suffers injury or in any other way exhibits signs of a condition which may unduly jeopardize the lifter's health and wellbeing, the official medical officer has the right of examination. If the medical officer considers it inadvisable for the lifter to continue, the medical officer may, in consultation with the Jury, insist on the lifter

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retiring from the competition. If present, the lifter's team manager or coach must be officially informed of such a decision.

4. Any lifter or coach who by reason of his misconduct upon or near the competition platform is likely to discredit the sport shall be officially warned. If the misconduct continues, the Jury, or referees in the absence of the Jury, may disqualify the lifter or coach and order the lifter or coach to leave the venue. If present, the lifter's team manager must be officially informed of both warning and disqualification.
5. The Jury and Referees may, by majority decision, **immediately disqualify a lifter or coach or manager if they are of the opinion that any misconduct is serious enough to warrant immediate disqualification rather than an official warning.**

Appeals/Complaints

All appeals against referee's decisions, complaints regarding the progress of the competition or against the behavior of any person or persons taking part in the competition must be made to the Jury. The Jury may require the appeal to be made in writing. The appeal or complaint must be lodged with the President of the Jury by the team manager, or coach, or in their absence, the lifter. This must be done immediately following the action upon which the appeal or complaint is based. It will not be considered unless these terms are met. If deemed necessary, the Jury may temporarily suspend the progress of the competition and retire to consider its verdict. After due consideration and upon reaching a majority verdict, the Jury will return, and the president will inform the complainant of its decision. The Jury's verdict will be considered final and there will be no right of appeal to any other body. Upon recommencement of the competition which had been suspended, the next lifter shall be given three minutes to commence his lift.

14. Referees and members of the Jury will be uniformly dressed as follows:

Men White Shirt and Grey Trousers, or as designated by the Director

Women White Shirt and Grey Trousers, or as designated by the Director

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AWARDS

Medals are awarded First through Third Place (1st – 3rd) for men and women. Only USPFC medals **shall** be awarded. A maximum of 130 sets of medals may be required. USPFC will advise you of the number of sets needed based on total entries, plus a reasonable margin.

ATTENTION COORDINATORS

**THE IPF HANDBOOK DOES NOT COVER ALL ITEMS COVERED
IN THE UNITED STATES POLICE AND FIRE CHAMPIONSHIPS RULES
SUCH AS SOME OF THE FOLLOWING:**

Age Categories
Eligibility
A “RAW” Meet
Weigh-In Schedule
Bench Press Meet
Push-Pull Meet
USPFC Records
Referees (Hotel, Mileage and Per Diem)
Legal Grip (Bench Press)
Named Referees
Named Announcer & Master of Ceremony

PRECISE RESULTS MUST BE FORWARDED
TO THE HOST RESULTS COMMITTEE IMMEDIATELY FOLLOWING
THE CONCLUSION OF THIS SPORT

The USPFC Director assigned to your sport is
knowledgeable and experienced in providing assistance
during the preparation and running of the sport.
Questions, a detailed accounting of your preparations,
and any area requiring approval of the USPFC
shall be submitted in a timely
manner to this USPFC Director.
The USPFC Directors want to work with you
to make your sport a success.

PLEASE USE THE USPFC DIRECTORS AS A RESOURCE