



2024 Rule Change Summary

Powerlifting

Change From	Change To
Old Formatting	See date change at footer to reflect September 2024
<p>3.2 Weigh-In</p> <p>3.2.4 Lifters may be weighed nude or in underwear which complies with the specifications set out in the appropriate section of the rule book and which does not effectively change the lifter’s weight. If a question exists regarding the weight of undergarments , a re-weigh in the nude may be requested. In competitions in which women are competitors, the weigh-in procedure may be altered to ensure that lifters are weighed by officials of their own sex. Additional female officials (not necessarily referees) may be appointed for this purpose.</p> <p>3.2.5 Weigh-in will be in secret and the lifters will be allowed in, one at a time. The weigh-in room will be locked and the persons allowed in it are the referees for the body-weight classes, the lifter and his/her coach or trainer. The weigh-in results will not be made known until all the lifters in a particular weight class have been weighed in.</p>	<p>CHANGE:</p> <p>3.2.4 Lifters may be weighed nude or in underwear, or gym shorts and t-shirt which complies with the specifications set out in the appropriate section of the rule book and which does not effectively change the lifter’s weight. If a question exists regarding the weight of undergarments or gym shorts and t-shirt, a re-weigh in the nude may be requested. In competitions in which women are competitors, the weigh-in procedure may be altered to ensure that lifters are weighed by officials of their own gender. Additional female officials (not necessarily referees) may be appointed for this purpose.</p>
<p>4.6 Bench</p> <p>4.6.1.8 Minimum height of Safety Rack shall be 36cm, having 10 holes in increments of 2.5cm and 40cm in length.</p>	<p>CHANGE:</p> <p>4.6.1.8 Minimum height of Safety Rack shall be 36cm, having 10 holes in increments of 2.5cm and 50cm in length.</p>



<p>4.8 Lights</p> <p>4.8.1 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, whereby when a referee detects an infraction he activates his control. If a majority activates their control a buzzer sounds and the lifter knows that his lift has failed. He is not then required to finish the attempt. Each referee will control a white and red light. These two colors represent a “good lift” and “no lift”, respectively. 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 three referees. For emergency purposes, i.e. a breakdown in the electrical system, the referees will be provided with small white or red flags or paddles with which to make known their decisions on the Chief Referee’s audible command “flags”.</p>	<p>CHANGE:</p> <p>4.8.1 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, whereby when a referee detects an infraction he activates his control. If a majority activates their control a buzzer sounds and the lifter knows that his lift has failed. He is not then required to finish the attempt. Each referee will control a white and red light. These two colors represent a “good lift” and “no lift”, respectively. The lights shall be arranged horizontally to correspond with the positions of the three referees. They must be wired or electronic/wireless 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 or red flags or paddles with which to make known their decisions on the Chief Referee’s audible command “flags”.</p>
<p>4.9 Failure Cards/Paddles</p>	<p>ADD:</p> <p>Under Bench Press Diagram</p> <p>Bar is not lowered to chest or abdominal area i.e. not reaching the best or abdominal area, or is touching the belt.</p> <p>Failure to lower the underside of both elbow joints level with or below the top surface of each respective shoulder joint.</p>



<p>4.11.8 Muslim women shall be allowed to wear a tight fit, non-supportive, full body suit that covers the legs and arms.</p>	<p>ADD/CHANGE:</p> <p>4.11.8 Lifters shall be allowed to wear tight fit, non-supportive full body suit that covers legs and arms. Knee sleeves may not be worn over full body suit.</p>
<p>4.12.2.3 The t-shirt may be plain, i.e. of a single color.</p>	<p>CHANGE:</p> <p>4.12.2.3 T-shirts may be plain or multicolored and have form fitting sleeves</p>
<p>4.14.1.2 They shall not be of such length on the leg that they come into contact with knee wraps or knee cap supporters</p>	<p>CHANGE:</p> <p>4.14.1.2 They shall not be of such length on the leg that they come into contact with kneecap supports.</p>
<p>4.17.3.6 A Female lifter is not allowed to use knee wraps or knee sleeves over a full body suit in Equipped or Classic competitions</p>	<p>CHANGE:</p> <p>4.17.3.6 A Female lifter is not allowed to use knee sleeves over a full body suit in Equipped or Classic competitions</p>
<p>4.20.1 The inspections of personal equipment for each and every lifter in the competition may take place at any time (times may be announced at the Technical Meeting) throughout the meet prior to within twenty minutes of the start for their particular bodyweight category.</p>	<p>CHANGE:</p> <p>4.20.1 The inspections of personal equipment for each and every lifter in the competition may take place at any time (times may be announced at the Technical Meeting) throughout the meet prior to within thirty minutes of the start for their particular bodyweight category.</p>
	<p>ADD:</p> <p>5.6.3 During the set-up on the bench, the athlete is not allowed to place his/her feet on the bench.</p>
	<p>ADD:</p> <p>5.6.7 Failure to lower the underside of both elbow joints level with or below the top surface of each respective shoulder joint.</p>
<p>6.9 If in a round an attempt is unsuccessful due to a wrongly loaded bar, spotter error or</p>	<p>CHANGE:</p>



<p>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 (3) minute rest prior to making his/her attempt, last but one in the round two (2) minutes, last but two (2) in the round one (1) 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 (1) minute to begin the attempt. The clock will be started and the lifter will have that time to begin his/her attempt. Lifters following themselves will have four (4) minutes time placed on the clock, during which time the lifter can begin his/her attempt as soon as he/she is ready. Lifters last but one (1) in the round will be given three (3) minutes, last but two (2) in the round will be given two (2) minutes, all others will be given the usual one (1) minute to begin the attempt.</p>	<p>6.9 If in a round an attempt is unsuccessful due to a wrongly loaded bar, spotter error or equipment failure, or any other fault and through no fault of the lifter, 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 (3) minute rest prior to making his/her attempt, last but one in the round two (2) minutes, last but two (2) in the round one (1) 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 (1) minute to begin the attempt. The clock will be started and the lifter will have that time to begin his/her attempt. Lifters following themselves will have four (4) minutes time placed on the clock, during which time the lifter can begin his/her attempt as soon as he/she is ready. Lifters last but one (1) in the round will be given three (3) minutes, last but two (2) in the round will be given two (2) minutes, all others will be given the usual one (1) minute to begin the attempt.</p>
<p>8.4.4 If the speaker makes a mistake by announcing a weight lighter or heavier than that requested by the lifter. The Chief Referee will make the same decisions as for errors in loading.</p>	<p>CHANGE:</p> <p>8.4.4 If the lifter is deprived of an otherwise successful attempt by the error of a spotter/loader, wrongly loaded bar or any other fault and through no fault of their own they shall be awarded another attempt at the discretion of the referees and jury at the end of the round.</p>



10.1.9 Only in extreme circumstances when there has been an obvious or blatant mistake in the refereeing will the Jury be in consultation with the referees, by unanimous jury vote, reverse the decision. Only 2 to 1 referees' decisions can be considered by the Jury.

CHANGE/ADD:

10.1.9 Only in extreme circumstances when there has been an obvious or blatant mistake in the refereeing will the Jury, **in consultation verbally or electronically with the referees**, by unanimous jury vote **with (3) Member Jury or with Majority vote with (5) Member Jury** can, reverse the decision. Only 2 to 1 referees' decisions can be considered by the Jury. **The replay can be observed from the official camera crew to make the decision, if applicable.**