

# RIPL Judges Certification Test

Please complete all questions, sign and date. Submit your test to Raw Iron Pittsburg (905 North Greer Blvd, Pittsburg, TX 75686) or email it to rawironpl@gmail.com. You must answer 20 out of the 25 questions of the certification test to pass.

1. List 5 reasons for a “red light” in the Squat.
2. List 5 reasons for a “red light” in the Bench.
3. List 4 reasons for a “red light” in the Deadlift.
4. What can video or pictures be used for where judging is concerned?
5. What is “hitching” on a deadlift, and how would you identify it in a lift?

6. Where on the platform may coaches stand during his athletes lift?
7. Which lifts require a “start” or “begin” command from the head judge?
8. During the Bench Press you observe a lifter begin the lift on his/her toes. When the lifter starts to press he/she puts their heels down, what do you rule?
9. What lifts can use wrist wraps, and what is the maximum length of the wrist wrap?
10. During squats the lifter starts down and stops halfway down, does not come up, then continues his/her descent and breaks parallel. What do you rule?
11. Can a Lifter change his or her first attempt? If yes, how? If no, why?
12. What are the commands for Squat?
13. Can the lifter raise his/her head during bench press?
14. On what lifts can a lifter use a belt, and what is the maximum thickness allowed of the belt?
15. What, if any, substances can be used on the bar during bench press?

16. During squat you notice the lifter's socks are tucked into his/her knee wraps, what is your ruling?

17. If a lifter does not wait for the start command what is your appropriate action?

True or False

18. In the Deadlift, the referee does not give a start command. (T/F)

19. The bar can sink into the chest after the press command on bench (T/F)

20. In the squat, if the lifter hits parallel it is a good lift. (T/F)

21. During bench press, the lifter can move his/her feet. (T/F)

22. Once the lifter's name is called, he/she has one minute to be on the platform. (T/F)

23. The head judge can overrule side judges if he/she see the lift has not been locked out in any lift. (T/F)

24. The "teen" division is for ages 12-19. (T/F)

25. In Bench, if the bar comes up uneven but both sides lock out simultaneously the lift is no good. (T/F)

Print Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_ Zip: \_\_\_\_\_

Signature: \_\_\_\_\_

\_\_\_\_\_ Phone: \_\_\_\_\_

Date: \_\_\_\_\_