

# Raw Iron Powerlifting League



## RIPL Rule Book

**Part 1**      **General Rules**

- Item 1      General Rules
- Item 2      Age Categories
- Item 3      Weight Classes
- Item 4      RIPL Registration
- Item 5      Membership Card
- Item 6      Event Prices
- Item 7      Event Categories
- Item 8      Code of Conduct
- Item 9      Classes
- Item 10      Divisions
- Item 11      Banned Substances

**Part 2**      **League Equipment**

- Item 1      Bars
- Item 2      Plates
- Item 3      Platform
- Item 4      Collars
- Item 5      Squat Rack
- Item 6      Bench Press
- Item 7      Judges Lights / Chairs
- Item 8      Judges Rules
- Item 9      Chalk Bowl

**Part 3**      **Personal Equipment**

- Item 1      Singlet
- Item 2      Suits
- Item 3      Belt
- Item 4      Under Shirt
- Item 5      Socks
- Item 6      Knee Wraps
- Item 7      Wrist Wraps
- Item 8      Supportive Suits

**Part 4**      **Powerlifting Rules**

- Item 1      Squat

- Item 2      Bench
- Item 3      Deadlift

**Part 5**      **Code of Conduct**

- Item 1

**Part 6**      **Weigh In**

- Item 1      Time
- Item 2      Attire
- Item 3      Authorities

## **Part 1. General Rules**

### **1. General Rules**

- 1.1. Raw Iron Powerlifting League must be conducted in the following chronological order: squat, bench press, and conclude with deadlifts.
- 1.2. Events will be categorized by gender, age, and weight class
- 1.3. Each lifter is allowed 3 attempts with the option of going for a 4th attempt; if it is for a record in their respective class and completed a successful 3rd attempt.
- 1.4. Overall lifter will be awarded to the lifter with the highest coefficient in the full powerlifting category (Squat, Bench, Deadlift). All lifters competing in categories such as Push/Pull, Bench only, deadlift only and so on will NOT be eligible for the overall lifter award unless the meet is set up otherwise by the meet director, and cleared with the board of directors prior to the sanctioning of the meet.
- 1.5. RIPL will use the Wilks scoring method, if there is a tie we will look at the lifters success attempts as the tie breaker.

### **2. Classes & Divisions (Age/Profession)**

- 2.1. Each lifter will have to choose at least one of the following divisions to compete in but cannot compete in more than three divisions. Lifters can choose to cross over if applicable.
- 2.2. Age/Profession
  - 2.2.1. Novice - 13 - 70+
  - 2.2.2. Teen - 13 - 18

- 2.2.3. Intermediate - 19-29
- 2.2.4. Sub Master - 30-39
- 2.2.5. Masters - 40-49
- 2.2.6. Masters 2 - 50-59
- 2.2.7. Master 3 - 60-69
- 2.2.8. Master 4- 70+
- 2.2.9. Open - 13-70+
- 2.2.10. Police/Fire/Military

### **3. Weight Classes**

3.1. The following are the weight classes recognized by the RIPL:

3.1.1. Men's and Weight Class

52.0 kg/114.6 lb class (up to 52.0 kg or 114.6 lbs)

56.0 kg/123.4 lb class (52.1 kg to 56.0 kg or 114.7 lbs to 123.4 lbs)

60.0 kg/132.2 lb class (56.1 kg to 60.0 kg or 123.5 lbs to 132.2lbs)

67.5 kg/148.8 lb class (60.1 kg to 67.5 kg or 132.3 lbs to 148.8 lbs)

75.0 kg/165.3 lb class (67.6 kg to 75.0 kg or 148.9 lbs to 165.3 lbs)

82.5 kg/181.8 lb class (75.1 kg to 82.5 kg or 165.4 lbs to 181.8 lbs)

90.0 kg/198.4 lb class (82.6 kg to 90.0 kg or 181.9 lbs to 198.4 lbs)

100.0 kg/220.4 lb class (90.1 kg to 100.0 kg or 198.5 lbs to 220.4 lbs)

110.0 kg/242.5 lb class (100.1 kg to 110.0 kg or 220.5 lbs to 242.5 lbs)

125.0 kg/275.5 lb class (110.1 kg to 125.0 kg or 242.6 lbs to 275.5 lbs)

140.0 kg/308.6 lb class (125.1 kg to 140.0 kg or 275.6 lbs to 308.6 lbs)

SHW class (140.1 kg or 308.7 lbs and up)

3.1.2. Women's Weight Class

44.0 kg/97.0 lb class (up to 44.0 kg/97.0 lbs)

48.0 kg/105.8 lb class (44.1 kg to 48.0 kg or 97.1 lbs to 105.8 lbs)

52.0 kg/114.6 lb class (48.1 to 52.0 kg or 105.9 to 114.6 lbs)

56.0 kg/123.4 lb class (52.1 kg to 56.0 kg or 114.7 lbs to 123.4 lbs)

60.0 kg/132.2 lb class (56.1 kg to 60.0 kg or 123.5 lbs to 132.2 lbs)

67.5 kg/148.8 lb class (60.1 kg to 67.5 kg or 132.3 lbs to 148.8 lbs)

75.0 kg/165.3 lb class (67.6 kg to 75.0 kg or 148.9 lbs to 165.3 lbs)

82.5 kg/181.8 lb class (75.1 kg to 82.5 kg or 165.4 lbs to 181.8 lbs)

90.0 kg/198.4 lb class (82.6 kg to 90.0 kg or 181.9 lbs to 198.4 lbs)

100.0 kg/220.4 lb class (90.1 kg to 100 kg or 198.5 lbs to 220.4 lbs)

110.0 kg/242.5 lb class (100.1 kg to 110.0 kg or 220.5 lbs to 242.5 lbs)

125.0 kg/275.5 lb class (110.1 kg to 125.0 kg or 242.6 lbs to 275.5 lbs)

140.0 kg/308.6 lb class (125.1 kg to 140.0 kg or 275.6 lbs to 308.6 lbs)

SHW class (140.1 kg or 308.7 lbs and up)

**4. RIPL Registration and Check-In**

4.1. Registration must occur online before the set deadline.

4.2. No late registration is allowed without prior approval of the meet director.

4.3. Weigh in will occur the day before the event between noon - 6 P.M. There will be no weigh in outside of this time without prior approval of the meet director.

- 4.4. Everyone is required to purchase a Membership Card a minimum of 24 hours prior to weigh in.
- 4.5. Check In will occur at noon-6 P.M., or at the meet directors discretion, but will be sent at via email at the time you register.
- 4.6. To complete check in the lifter must also fill out their squat and bench rack settings and weigh in as well as bring all lifting attire for approval.
- 4.7.
  - 4.7.1. All participants must sign a liability waiver before being able to participate in any RIPL events.
  - 4.7.2. All minor lifters (18 and under) must have a parent/guardian with them at all times. Parent/guardian must sign a liability waiver for the minor lifter.
  - 4.7.3. RIPL Annual Membership Cards are valid for 12 months after the purchase date. If for any reason you cannot provide valid proof of current membership card, you will be required to purchase a new membership card. A photo of the current membership card is sufficient proof of membership.
  - 4.7.4. Squat rack height will be required from each participant before the event is to start. If the squat rack height is not recorded, you will be required to squat from the height already set.
  - 4.7.5. Lifter's must record and submit their opening attempts in kilos to an official during registration.
  - 4.7.6. A lifter may change their opening attempts at any time prior to the flights being posted. Once flights are posted, opening attempts can no longer be changed.

## **5. Membership Card**

- 5.1. As stated above, all participants must have a current RIPL membership card to be eligible to compete in any RIPL events. This is due to insurance reasons.
- 5.2. Membership Cards are valid for 12 months after purchase date.
- 5.3. You must be able to show proof of you RIPL membership card at the time of registration at each event; otherwise the lifter will be required to purchase a new RIPL membership card.
- 5.4. The RIPL membership card is a fixed rate of \$40 for members over the age of 18. For members 18 and under, the membership is \$25.

## **6. Event Prices**

- 6.1. Prices will be determined by the meet director and must be approved by the board of directors prior to the meet being sanctioned.

## 7. **Event Categories**

- 7.1. **Full Meet** - This is where you compete in the 3 BIG LIFTS, Squat, Bench, and Deadlift. This is the only category eligible for the overall lifter award.
- 7.2. **Push / Pull** - This category consists of Bench and Deadlift only.
- 7.3. **Squat, Bench, Deadlift Only** - This category consists of you competing in just ONE of the above listed movements.

## 8. **Code of Conduct**

8.1 Code of Conduct applicable to all RIPL Attendees - PROFANITY DURING COMPETITION – Our goal is to promote a family friendly and non-threatening environment for our competitors, spectators, and coaches. Profane outbursts that are audible above the level of normal and acceptable conversation, be it on the platform, prior, during or after the lift, by lifter, coach or spectator will result in an immediate warning. This warning may be given by any RIPL representative. ONE warning will be given. The 2nd instance will result in the expulsion of the individual from the venue. Any lifter, coach, or spectator found to be wearing attire that has profanity spelled out or implied will be requested to change their clothing or turn it inside out.

No act of violence or threats against another competitor, spectator, coach, or family member will be tolerated. Any instance of this will result in immediate removal from the venue, and a ban from all future RIPL events.

## 9. **Classes**

**9.1 Tested (DT):** This division is a drug-free division. Any lifter under suspicion of drug use will be required to undergo a urinalysis test. All tested lifters must be prepared to provide a sample of their urine after competing if randomly chosen. If the test results are negative, the meet director will absorb the cost of the drug test. If the test results are positive, the lifter will be responsible for all expenses associated with the drug test, and their lifts for the competition will be disqualified. A lifter testing positive will be permanently banned from lifting in the Tested Division.

A minimum of 1 male lifter and 1 female lifter, but no more than the top 10% of lifters as determined by DOTS will be automatically tested at the completion of the meet. Any lifter refusing a drug test will be considered to have failed the test and will be permanently banned from competing in the tested division. If a lifter fails a drug test and wishes to appeal the results, the appeals process is outlined below.

If a lifter has passed a RIPL drug test within the last 6 months, they will be exempt from testing in their next meet unless their total increases by a factor of more than 3%, in which case, they will be eligible to be tested again.

**Drug Test Appeal:**

If you have not gotten prior clearance in writing from the meet director for any prescribed medications, you may appeal a positive test and the process is outlined below.

If a lifter has a medical use, and a prescription from a licensed medical professional for a drug listed on the "Banned Substance List", the lifter may appeal the positive test within 48 hours of being notified of a positive test. This appeal **must contain a written explanation of the medical use of the substance, a statement or a form of proof this substance was prescribed by a licensed medical professional and the dose prescribed.** Once the appeal is received, the board members of the drug testing committee will review the appeal and a decision will be made. The lifter will be notified within 48 hours after the appeal has been received. All information supplied to RIPL for a Drug Test Appeal will remain confidential. Again, we state we are not medical professionals and our judgment will only be based on the information supplied. A determination will be made based on information available to the drug testing committee and information supplied by the lifter.

**Non Tested:** Lifters in the non tested division will not be tested for any substance, legal or illegal. While RIPL does not condone the use of illegal substances, we recognize that we are not the moral, or physical police, and will not condemn anyone for their choices off the platform. We are all lifters, and we respect the dedication that goes in to preparation for a meet. However, use of any illegal substance at a RIPL event is strictly forbidden and will result in the lifter being disqualified and banned from lifting with RIPL again.

## 10. **Divisions**

**Single-Ply:** Garments will be inspected to insure true single-ply compliance.

Garments constructed of laminated layers will not be allowed in the single ply, only fabric woven or knit as one layer are accepted. Squat suit and one pair of briefs are allowed for squat and deadlift. Bench shirts must be of single construction. Knee wraps of up to 2.5m in length for walk out meets or 3m in length for monolift meets. Wrist wraps of up to 36" are allowed at no more than 3.25" wide.

**Raw:** The only support allowed in Raw Classic is the support of a belt, wrist wraps, and knee sleeves. Knee sleeves must be no more than 7mm thick. Wrist wraps of up to 36" are allowed at no more than 3.25" wide.

Wrapped: Wrapped combines the support of a belt and wrist wraps, as in classic, with knee wraps for the squat. Knee wraps of up to 2.5m in length for walk out meets or 3m in length for monolift meets. Wrist wraps of up to 36" are allowed at no more than 3.25" wide.

## 11. **Banned Substances**

Raw Iron Powerlifting League has an established separate drug tested division.

A minimum of one male and female lifter. Or as much as the top 10% of all amateur lifters as determined by WILKS or DOTS (at the meet director's discretion) will be tested by urinalysis for the presence of prohibited anabolic steroids. Lifters in this division are tested at no charge, unless the results are found to be positive, in which case the lifter will pay for the test prior to being eligible to lift with Raw Iron Powerlifting (in a non tested division) in the future. Once an athlete has entered as non tested in a meet with tested divisions, they will be considered to be using a substance that is banned on this list, and will not be eligible to lift in a tested division in future meets (athletes that pay a crossover fee and lift both tested and non tested in the same meet are exempt from this, as clearly they are willing to be tested).

Below is a list of banned substances that will be tested for:

Bolasterone

Boldenome (Equipoise)

4-Chlorotestosterone(Clostebol)

Clenbuterol (Siropent)

Danazol

Dihydrotestosterone (Stanolone)

Dehydrochloromethyltestosterone (Oral

Turinabol)

Dromostanolone (Masteron)

Epitestosterone (if above 200 ng/mL)

Formebolone (Esiclone)

Fluoxymesterone (Halotestin)

Furazabol

Mesterolone (Proviron)

Methandrostenolone (Methandienone, Dianabol)

Methandriol

Methenolone (Primobolan)

Methyltestosterone

Mibolerone

Nandrolone (Deca-Durabolin)

Norethandrolone/Ethylestrenol

Oxandrolone (Anavar)  
Oxymesterone  
Oxymetholone (Anadrol)  
SARMS ( As Identified by WADA & USADA)  
Stanozolol (Winstrol)  
Stenbolone  
Testosterone (T/epiT ratio\*)  
Trenbolone (Finajet, Parabolan)  
and other related compounds  
Probenecid (masking agent)

\*specimen is considered positive when Testosterone/Epitestosterone ratio is greater than 10:1

RIPL understands that we are not doctors or certified medical professionals, and as such, we will not discriminate based on substances that are medically necessary while you are under the care of your physician. If you are taking a prescribed medication (we will use the example of Adderall or Lasix), it is your responsibility to bring this to the attention of the meet director.

## **Part 2. League Equipment**

### **1. Bars**

- 1.1. All bars must be well maintained and be able to support at minimum 1,200lbs
- 1.2. Bars must have good knurling and cannot be bent.
- 1.3. Bars used for squats must be a squat specific bar. Ex. Texas Power Bar or Texas Squat Bar, or XMARK Squat Bar.
- 1.4. Bars used for bench must be between 27 to 32 mm thick. Ex. Texas Power Bar.
- 1.5. Bars used for deadlift must be well kept, have a good amount of knurling, and must be cleaned before each meet. Preferred diameter is 27 mm. Ex. Texas Deadlift bar, Rogue Ohio Deadlift Bar, Kabuki Deadlift Bar, XMARK Deadlift Bar or similar bars.

### **2. Plates**

- 2.1. At each event there must be a minimum of 1 full set of calibrated Kilo plates.

### **3. Platform**

- 3.1. Platform must consist of 4 total 4x8" plywood boards that is at least ½ thick with ¾ inch thick rubber mats on top.
- 3.2. Platform must be clear of debris and cannot have any holes in the plywood or rubber mats.

### **4. Collars**

- 4.1. Collars must be able to clamp shut. They must maintain a tight fit to ensure weights do not shift throughout the lift.
- 5. Squat Rack**
  - 5.1. Rack must be in great condition in order to be used at a meet. The rack must be capable to hold in excess of 1,000 lbs in order to be used. You can use a competition rack that can be a squat rack and a bench press.
  - 5.2. Squat rack must be able to be set at different heights
- 6. Bench Press**
  - 6.1. Bench press must be able to have different rack heights. It must also have safety catches.
- 7. Judges Lights and Chairs**
  - 7.1. There must be a light to show whether the lift was good or bad. The light will consist of 3 white lights and 3 red lights. With two or more white lights being a good lift or two or more red lights being a bad lift. Each set of lights are to represent one of the three judges' decisions.
  - 7.2. Lights must be arranged in a horizontal light.
  - 7.3. There is to be 1 chair for each judge. There cannot be any less than 3 judges at a meet.
- 8. Judges Rules**
  - 8.1. There must be at least 3 qualified judges at each meet. These judges will be selected based on experience, trustworthiness, and a vote by the board of directors.
  - 8.2. Each judge must attend registration, weigh in, and athletes' meetings.
  - 8.3. Judges are your source of information with any questions you might have. Judges must follow all rules and must know all rules in order to judge a RIPL meet.

## **Part 3. Rules for each Lift**

### **9. Squat**

**9.1** Lifter must unrack the weight on his/her own, step back, and await the command to begin. Lifter will not get the command to begin until he/she is in control of the weight. When the Lifter gets the start command he/she will begin his/her decent. Lifter will squat as low and he/she feels they need to go. In order for the lift to be good, lifter must break the parallel\*. After the Lifter stands up, legs straight, he/she will be given the rack command.

#### **9.2** Reasons for a "red light" or "no lift"

1. Lifter begins lift before the head judge gives the command to start.

2. Lifter does not break parallel plane while squatting. \*Note- breaking parallel means the insertion of the hip must go below the knee.
3. Any downward movement after the lifter has started his/or her ascent.
4. Movement of the lifters feet from where he or she started the lift.
5. Racking the weight before the head judge gives the “rack” command.
6. Hand placement on the bar
  1. Hands can grip the barbell as far out as the knurling goes.
  2. Hands can come in contact with the metal sleeve of the barbell; however, the lifter’s hands cannot be on top of the sleeve.

## **10. Bench Press**

10.1 Lifter is allowed to have a coach help unrack the weight from the bench. The Lifter must hold the weight until the coach is no longer obstructing the view of all three judges. Coaches ARE allowed to adjust lifters belt and/or shirt while the lifter is on the bench. The Lifter must wait for the head judge to give him/her the “start” command. The head judge will give the start command only when the Lifter is in full control of the bar and the bar is motionless. After the Lifter gets the start command, he/she will lower the bar to his/her chest. The Lifter will wait for the “press” command and then press the bar until his/her arms are fully extended. The head judge will not give the press command until all movement of the bar has ceased. When both arms are fully locked out, the head Judge will then give the “rack” command.

### 10.2 Reasons for a “red light” or “no lift”

1. Lifter begins lift before given the “start” command.
2. Lifter presses bar off his/her chest before given the “press” command
3. Lifter’s feet move from original position they started from.  
\*note- Lifter can keep their feet flat or up on their toes
4. Lifter’s bottom comes off the bench. \*note- some part of the Lifter’s bottom MUST be in contact with the bench at all times.
5. Lifter does not lock out both arms completely.
6. Lifter unevenly locks out. \*note- Lifters press may be uneven as the bar comes up, however, both arms lock out simultaneous.
7. Lifter racks the bar before the rack command is given

10.3 Coaches are allowed to help adjust lifter's shirt and/or belt while lifter is on the bench.

10.4 Hand placement on the bar.

1. Hands can go out as far as the sleeve on the bar.
2. Lifter's hands cannot be on top or cover the sleeve of the Barbell.

## **11. Deadlift**

There is no "start" command for this lift. Lifter must grip the bar and stand erect until the judge gives the "down" command. The lifters feet must stay flat on the platform during the entire lift.

11.1 Reasons for a "red light" or "no lift"

1. Any downward movement of the bar during the lift.
2. Any resting of the bar on the Lifter's body, hitching or ramping.  
\*note- the bar can stop or pause during the ascent of the bar as long as there is no downward movement of the bar and as long as the Lifter does not use his/her body to rest the bar on.
3. Not fully standing erect, including knee locked
4. Dropping the bar before given the "down" command
5. Not controlling the bar all the way to the platform after the judge gives the "down" command.

## **12. Over all Lift Rules**

12.1 Each lifter has 60 seconds to begin their attempt once they have been notified the platform is ready.

12.2 Long socks that reach the knees must be worn at all times during the deadlift.

12.3 At no time will a Lifter be able to lift in wrist straps or without shoes.

12.4 In all lifts, the Lifter must enter and exit through the back of the platform.

12.5 Lifters are allowed to use chalk and baby powder with any lift he/she desires.

## **PART 4 Personal Equipment**

13.1 The Singlet-Unequipped Singlet

1. Singlet must be one piece, non-supportive or reinforced material, stretchy material. Singlet must be form-fitting but not excessively tight. Padding or any other form of excess support is prohibited. Straps must be worn during each lift.

2. Singlets can be any color or pattern of colors. Any emblem or logo is permitted as long as the logo or emblem is not vulgar in nature.

3. Lifting singlets must be one piece, no velcro or lace up singlets are permitted.

### 13.2 Equipped Singlets

1. Squat Suit, Bench Shirts, Deadlift Suits, must be single ply material not to exceed 1.3mm at any measurable point. No extra stitching, padding, or support is permitted. During Bench a regular singlet must be worn over the bench shirt. \*note-Erector shirts are not permitted.

2. Alterations of a costume from its original design is not permitted if it exceeds the measurable material width requirements.

3. Seams and hems, including alterations, must not exceed 3 cm in width. Seams and hems must not exceed .5 cm in thickness.

### 13.3 Bench Shirts

1. Single Ply shirts can be worn during equipped bench events.

2. Single ply shirts cannot have an open back, velcro straps can be used to close the back of the shirt. Velcro straps cannot go all the way around the lifter.

3. Bench shirts must be made of cotton or polyester material or a combination of the two.

4. The bench shirt sleeves may not extend or cover the lifter's elbow.

5. The shoulders of the lifter's shirt must cover the lifter's shoulders (Delts).

6. The collar of the shirt may not go below the nipple line and the collar may not be thicker than 1.25in in width.

7. Slingshots and other similar devices are not legal for competition.

### 13.4 Knee Wraps

1. Knee Wraps are permitted on both Squat and Deadlift

2. Knee Wraps cannot exceed 2.5m in length for walk out competitions, and 3.0m in length for monolift competitions.

3. Wraps are not permitted to touch lifters singlet nor are they permitted to touch lifters socks.

4. Any Color Knee wrap is permitted

### 13.5 Knee Sleeves

1.Knee sleeves are permitted for “Raw Lifter” \*note- if the Lifter uses knee sleeves for a raw lift they cannot be the velcro type sleeves. They may be no more than 9mm thick.

2. Velcro style knee sleeves are permitted for equipped lifters

\*note-Lifters may not use both knee sleeves and knee wraps at the same time.

#### 13.6 Wrist Wraps

1.Wrist Wraps are permitted on all competition lifts.

2. Wrist Wraps may not exceed 1 meter in length.

3. Your thumb cannot be covered on any lift.

#### 13.7 Footwear

1.Lifters must wear some type of boot, sneaker, or shoe on every lift. The footwear must have a sole.

2. Any color shoe is permitted.

#### 13.8 Belts

1.Lifters may use a belt on each lift. The belt must be worn outside his/her singlet.

2.Lifter’s belts may be leather or vinyl. No “stretchy” or velcro belts are permitted.

3. Belt cannot exceed 4 inches in width.

4. Belt cannot exceed 13mm in thickness

5. Belt cannot contain any padding

6. Belt can be any color lifter chooses

7. The buckle must be worn on the front or back of the lifter, however it cannot be worn on the back during the bench press.

8. The belt can have a buckle of 1 or 2 prongs. Additionally, it can be a ratchet style, or quick release. Velcro is not permitted anywhere on the belt and may not be used as the method for securing the belt.

#### 13.9 Socks

1.Lifters are required to wear socks during each lift.

2. Knee high socks are required for the deadlift only.

3. When using wraps, socks are not permitted to touch wraps.

#### 13.10 Inhalants

1. Lifters may use over the counter inhalants, such as ammonia and smelling salts before he/she lifts. This must be done off of the platform, and as much as possible, out of the view of the spectators.

#### 13.11 Chalk

1. Chalk can be used to help with the lifters grip on every lift. Chalk may be applied on the lifter's hands, but chalk MAY NOT be applied directly to the bar itself.
2. Chalk can be applied on the lifters back during the Squat and Bench.
3. Liquid chalk is allowed for competition.

#### 13.12 Underwear

1. Lifter may wear traditional style underwear under his/her costume.
2. Underwear may not have extra support, nor may it be any style canvas lifting brief.

#### 13.13 Undershirt

1. A T-shirt, with sleeves, must be worn under lifter's singlet on the squat in both Raw and equipped squats. A T-shirt must be worn under the lifter's singlet for a Raw bench press. A lifter lifting equipped on bench press may not wear an undershirt. Females may wear a sports bra under her bench shirt. Sports bra cannot have wire supporting. Male lifters have the option on deadlift to wear a t-shirt or not. Females must at least wear a sports bra.
2. T-shirt can be cotton, polyester, or a blend of the two. Canvas, extra stitched, reinforced, compression, or rubberized shirts are not permitted.
3. Undershirt can be any color and have any logos or marking that are not considered offensive or provocative.

#### 13.14 Elbow Sleeves

Elbow sleeves made from commercially available neoprene or woven elastic that is covered with polyester, cotton or combinations of either materials not exceeding 20 cm in length and 9 mm in thickness may only be worn during competition for squat and deadlift only. It may not have any Velcro on it and must be both non-adjustable and non-fastening. The placement of the sleeve is to be approximately 10 cm above, and 10 cm below the elbow joint. The t-shirt sleeve may overlap the elbow sleeve, as long as the shirt is not placed

# Referee Qualifications

1. How to become a RIPL Referee.
  - 1.1. Everyone must be a member of RIPL, with a current RIPL membership card.
  - 1.2. They must compete in at least 1 RIPL event to be qualified to take the RIPL Referee's Test.
  - 1.3. Must be at least 18 years old.
  - 1.4. Once qualified for the RIPL Referee's Test, the individual has until their RIPL membership card expires to take the test.
  - 1.5. Individuals that take the test must achieve a score of 90% or better on the written exam and 85% on the multiple-choice exam to become a qualified referee.
  - 1.6. All individuals that wish to become a referee must sit in and examine under a qualified referee, to which the referee will give their feedback to the board of directors.
  - 1.7. Each qualified referee must assist in at least 2 RIPL events in order to keep their referee qualifications.
  - 1.8. Each referee assisting in a RIPL event must attend both registration/weight ins and late registration/ athletes meeting to be able to assist in that RIPL event.
  - 1.9. All referees must know all approved and non-approved items that lifters are allowed to use during a RIPL event.
  - 1.10. Any referee that breaks a RIPL rule, acts unprofessional, or shows up late, will have to go in-front of the board of directors.
  - 1.11. Referees must judge all flights of a specific lift while remaining in their current location on the platform (i.e. the head judge and side judges will remain the same during all flights of a given lift).
2. Positions
  - 2.1. Speaker
    - 2.1.1. The speaker will be required to do all announcements during the event. Such as next lifter and weight to be loaded.
    - 2.1.2. The speaker will need to speak in a clear and understandable manner.
    - 2.1.3. The speaker must communicate with the head judge only.
    - 2.1.4. It is the speaker's job to announce if a lift is for any kind of record.
  - 2.2. Head Judge
    - 2.2.1. The head judge must give all powerlifting commands.
    - 2.2.2. Head judge must enforce all rules when it comes to suits, socks, wraps, belts, and so on.
    - 2.2.3. He/She must check the lifter after accomplishing a new record.

- 2.2.4. He/She must also make sure the bar is properly loaded with the correct weight.
  - 2.2.5. Head judges must be appointed by the board of directors.
  - 2.2.6. He/She must also make sure each lift is taking no longer than the allowed time of 60 seconds after their name has been called.
- 2.3. Spotter/Loaders
- 2.3.1. Spotters and Loaders are responsible for accurately loading and de-loading the weight on the bar, as well as, adjusting the rack height on Squats.

## **Part 5 Code of Conduct**

### 5.1 Language

- 5.1.1 Foul language will not be tolerated. Lifters can be disqualified for the use of foul, harsh, or abusive language on the platform or in the warmup area. Disqualification will be up to the Head Judge and/or Meet Director.
- 5.1.2 Lifters must talk to staff and other lifters in a respectful manner, arguing, complaining, and being confrontational will NOT be tolerated.

### 5.2 Clothing

- 5.2.1 Clothing must cover all “private” areas of the body.
- 5.2.2 Clothing cannot display vulgar language, nor can it display nudity.

### 5.3 Illegal Drugs/Alcohol

- 5.3.1 The use of Illegal Drugs is strictly prohibited in the drug tested division.
- 5.3.2 Lifters are not permitted to drink alcohol before or during a meet. Lifters may not bring alcohol onto the premises.

### 5.4 Coaches

- 5.4.1 Coaches may NOT be on the platform during his/her athletes lift.
- 5.4.2. Coaches are to stand at the rear of the platform out of the line of sight of the judges.
- 5.4.3. Coaches may give his/her athlete a lift off on bench. After the athlete receives the bar on the bench press, the coach is to drop back to either side of the head judge.
- 5.4.4 The only time that video will be reviewed by the judge is in a case where a bar misload has occurred. I video or picture of the misload can be used to bring this error to the attention of the head judge. The head judge will then work with the meet director to rectify the situation. Video and pictures will not be used in an attempt to overturn a judgement call made by any of the 3 judges.