

CONTENTS

1	GENERAL RULES OF STRENGTHLIFTING
2	BODY WEIGHT CATEGORIES & COMPETITORS, RESERVES, TEAM ROSTER, POINT SCORING AND RECORD ATTEMPT
3	EQUIPMENTS AND SPECIFICATIONS
4	DISCS
5	COLLARS
6	BENCH RACKS
7	SCALE
8	SCORE BOARD
9	INCLINE BENCH
10	LIGHTS
11	COSTUME & DRESS
12	WEIGH OF THE BELT
13	SHOES
14	WRIST WRAP
15	GENERAL
16	PROTEST LETTER REGARDING DISPUTED LIFT
17	INTER STATE/COUNTRY TRANSFER OF LIFTER/OFFICIAL/MEMBER
18	ACTIVITY AND POWER OF THE STAGE MARSHALL
19	BODY WEIGHING
20	ERRORS IN LOADING
21	CHANGE OF ATTEMPT
22	REFEREES & JURIES SITTING POSITION
23	PRESENTATION OF LIFTERS
24	COURSE OF THE COMPETITION
25	(A) INCLINE BENCH PRESS (B) CAUSES FOR DISQUALIFICATIONS INCLINE BENCH PRESS
26	(A) TWO HANDS CURLING (B) CAUSES FOR DISQUALIFICATIONS TWO HANDS CURLING
27	(A) HACK LIFT (B) CAUSES FOR DISQUALIFICATIONS OF HACK LIFT
28	PHYSICALLY CHALLENGED INCLINE BENCH PRESS
29	FIGURES AND DIAGRAM OF INCLINE BENCH PRESS, TWO HANDS CURLING & HACK LIFT.
30	CERTIFICATE SAMPLE
31	DIAGRAM OF DRESS AND EQUIPMENTS
32	SCORE CARD SAMPLE
33	CHAMPIONSHIP ATTEMPT CARD
34	SCORE SHEET
35	WILKS FORMULA

GENERAL RULES OF STRENGTH LIFTING

1. (a) The World Strengthlifting Federation recognizes the following lifts which must be taken in the following sequences in all the competitions conducted under WSLF rules,
 - i) Two Hands Curling
 - ii) Hack Lift
 - iii) Total

(a 1.1)

 - i) Incline Bench Press
 - ii) Total
- (b) Competition takes place between lifters in categories defined by sex, body weight and age. The men's and women's Open Championship permit lifters of any age in excess of 13 years.
- (c) The rules apply to all levels of competitions whether it will be local, divisional, National or International. New records will be considered only if the competition will conduct under WSLF rules with the permission of WSLF.
- (d) Each competitor is allowed three attempts on each Lift. The Lifters can take same weight / poundage of the lift in 1st and 2nd attempt on each lift (i.e. – Incline Bench Press, Two Hands Curling and Hack Lift) but 3rd attempt should be increased minimum by 2.5 kg on each lift. The lifter's best two valid attempts on each lift, disregarding any fourth attempts for records purpose counts towards his/her competition total. Lifters failing to pass any single lifts in any of the three lifts are being eliminated from the competition. If two or more lifters achieve the same total, the lighter body weight lifter ranks above the heavier.
- (e) If two lifters register the same body weight at the weight in an eventually achieve the same total at the end of the competition, they will be re-weighted and the lighter lifter will be declared the winner. However, if they still weigh the same after re-weighing, they will be declared joint winner.
- (f) If awards are presented for the best of each lift (in Incline Bench Press, Two Hands Curling and Hack Lift) the same procedure will be applied.

- (g) The WSLF conducted the sanctioned the following competitions.
- i) Men's Open Senior World Championship.
 - ii) Women's Open Senior World Championship.
 - iii) Master's Men Open World Championship of the age above 40-50 yrs., above 50-60 yrs, above 60 years.
 - iv) Master's Women Open World Championship of the age above 38 yrs.
 - v) Men's Open Sub Junior up to 16 yrs. and Sub-Junior up to 19 yrs. World Championship.
 - vi) Women's Open Sub Junior up to 16 yrs. and Sub-Junior up to 19 yrs. World Championship.
 - vii) Men's Open Junior World Championship of the age above 19 to 23 yrs.
 - viii) Women's Open Junior World Championship of the age above 19 to 23 yrs.
 - ix) Physically Challenged Open Senior Men & Women Incline Bench Press World Championship.
 - x) Men & Women Open Senior Incline Bench Press World Championships.
 - xi) Master Men (above 40-50 yrs., above 50-60 yrs, above 60 years) and Women (above 38 yrs.) Open Incline Bench Press World Championships.

2. BODY WEIGHT CATEGORIES

- (a) Men – (Sub-Jr. up to 16 yrs., Sub-Jr. up to 19 yrs., Jr. up to 23 yrs., Sr.)
52Kg, 60Kg, 68Kg, 76 Kg, 85 Kg, 95 Kg, 105 Kg, 115 Kg + 115 Kg (Total 9 Classes)
- (b) Women – (Sub-Jr. up to 16 yrs.. Sub-Jr. up to 19 yrs., Jr. up to 23 yrs., Sr.)
46Kg, 52Kg, 58Kg, 65 Kg, 72 Kg, 80 Kg, + 80 Kg (Total 7 Classes each)
- (c) Master Men (age above 40-50 yrs., above 50-60 yrs, above 60 years)
60Kg, 68Kg, 76 Kg, 85 Kg, 95 Kg, + 95 Kg (Total 6 Classes each)
- (d) Master Women (above 38 yrs)
52Kg, 58Kg, 65Kg, 72 Kg, 80 Kg. + 80 Kg (Total 6 Classes)
- (e) Physically Challenged Men (Senior)
52Kg, 60Kg, 68Kg, 76 Kg, 85 Kg, + 85 Kg (Total 6 Classes)
- (f) Physically Challenged Women (Senior)
46Kg, 52Kg, 58Kg, 65 Kg, 72 Kg, + 72 Kg (Total 6 Classes)

2.1 Competitors are allowed: (For each state/ Unit/Country)

- (a) Maximum of ten competitors spread throughout the range of the nine body weight categories for Sub.Jr., Jr. Sr. Men.
- (b) Maximum eight competitors throughout the range of seven body wt. categories for Sub.Jr., Jr. Sr. Women.
- (c) Maximum seven competitors spread throughout the range of the six body wt. categories for above 40-50 yrs., above 50-60 yrs, above 60 yrs Master Men.
- (d) Maximum seven competitors spread throughout the range of six body wt. categories Master Women above 38 yrs
- (e)) Maximum seven competitors spread throughout the range of the six body wt. categories for physically challenged Sr. Man & Women. There must not be more than three competitors from any one-State/Unit/Country in any particular body weight category.

2.2 Reserves: Each state/unit/country is allowed maximum two reserves. These reserves may be submitted at any time prior to the commencement of the weight in for a particular body weight category. Each state/unit/ category must submit a team roster giving the name of each lifter, body weight category. The names of the reserves with their body weight category must also be submitted at this time.

2.3 Team Roster: Each state/unit/ country must submit a team roster giving the name of each lifter and body weight category, to the organizer at least 20 days before of the championship's date.

2.4 (a) Point scoring: For all State/National / International Championships shall be 12, 9, 8, 7, 6, 4 for the first six placing in any body weight category. Thereafter, each lifter who makes a total in the competition shall be awarded 2 point.

(b) Point scores for team: Only the point scores of the six best placed lifters of each state/unit/country will be counted for the team competition at all State/National/International championships. In case of a tie in point scored, final team having largest number of first places will be ranked first. In the case of tie between two states/unit/country having the same number of first places, the one having the most second places will be classified first, and so on through the placing of the six scoring lifters.

2.5 Record attempt: On touching the previous record a lifter will be allowed 4th attempt for record but minimum poundage will be 2.5 Kg more than the previous record. The success lift of the fourth attempt not will be counted in total. It will be only recorded for record purpose.

3. EQUIPMENT AND SPECIFICATIONS

A. Platform: All lifts shall be carried out on a platform measuring between 2.5mtr. x 2.5mtr. The surface of the platform must be flat, firm, non-slip and level. It must not exceed 9 to 11 cm. height from the surrounding stage or floor.

B. Bars & Discs: For all strength lifters contest will be organized under the rule of the WSLF – only disc, barbell is permitted. Only those bars and discs that meet all specifications may be used throughout the entire competitions and for all lifts. Only bars and discs have official WSLF approval may be used of WSLF championships.

THE BAR shall be straight and well knurled and grooved and shall conform to the following dimensions:

- i) **LENGTH OF BAR** - Total overall length not to be exceed 2.2 mtr.
- ii) **Distance between the collar faces** not to be exceed 1.32 mtr. or be less than 1.31 mtr.
- iii) **Diameter of the Bar** not to exceed 29mm or be less than 28mm.
- iv) **Weight of the Bar** 20 kg.
- v) **Diameter of the Sleeve** not to exceed 52mm or be less than 50mm.
- vi) **Diameter machine marking** - There shall be a diameter machine marking so as to measure 81 cms. between markings. The lifters grip of bar should not be crossed the measure of 81 cm marking at the time of Incline Bench Press, Two Hands Curling and Hack Lift.

4. DISCS

- i) **All discs** used in competition must weight within 25% of their correct face value.
- ii) **Hole Size:** The hole size in the middle of the disc may not be exceed 53 cm or be less than 52 cm.
- iii) **Discs Range:** Disc must be within the following ranges:
1.25 kg, 2.5 kg, 5 kg, 10 kg, 15 kg, 20 kg, 25 kg. and 50 kg.
- iv) **Discs Thickness:** Disc weighing 25 kg and over must not be exceed 6 cm. in thickness.
Disc weighing 20 kg. and under must not be exceed 3 cm. in thickness.
- v) **Discs Colours:** The discs must be of the following colours:-

50 Kg.	Green
25 Kg.	Red
20 Kg.	Blue
15 Kg.	Yellow
10 Kg.	Any colour
5 Kg.	Any colour
2.5 Kg.	Any colour
1.25 Kg.	Any colour

5. COLLARS

- i) Shall always be used in competition.
- ii) Must weight 2.5 Kg. each.

6. BENCH RACKS

- i) Bench racks shall be of a sturdy construction and provide maximum stability. The base shall be of such design that it does not impede the lifter or the potters / loaders. It will consist of two separate stands designed to hold the bar in a horizontal position.
- ii) The bench racks shall be designed to adjust from a minimum height of 70.00 cm. in the lowest position to extend to a height of at least 1.10 mtr, in 5 cm. increments.
- iii) All hydraulic racks must be capable of being secured at the required height by means of pins.

7. SCALE

For International, National or State of WSLF competition, the scale must have the capacity to weight up to 200 Kg. and be précised to minimum of 10 gms.

8. SCORE-BOARD

A proper detailed Scoreboard has to be set up a prominent place in the competition are visible to the spectators, officials and all concerned with the progress, the competition must be provided the lifters names should be arranged by lot numbers for each session or body weight-class.

9. INCLINE BENCH

The incline bench shall be of sturdy construction for maximum stability and conform to the following dimensions:-

- i) **LENGTH OF SEAT** 18 inches (45 cm.)
- ii) **WIDTH** not less than 29 cm. and not exceeding 32 cm.
- iii) **HEIGHT** of the seat not less than 40 cm. and not exceeding 42 cm, measured from the floor to the top of the padded surface of the bench seat.
- iv) **INCLINE PORTION** – The incline should be 160 degree from the seat and its overall length should be 1.32 mtr.

10. LIGHTS

A system of light shall be provided whereby the referees make known their decisions. Each referee will control a white light and a red light. These two colours represent a 'good lift' and 'no lift' respectively they must be wired in such a way that they light up together and not

separately when activated by the referees. For breakdown and emergency red and white flags may be used.

11. COSLTUME & DRESS

1. COSTUME

- i) A lifter must appear in correct dress, which must consist of a full-length costume. The trunk covers the entire buttock and gives an aesthetic sight.
- ii) A T-shirt must be worn under the costume. It must be collarless and the sleeves must not cover the elbows.
- iii) The T-shirt or costume may be plain or multi-coloured.

2. DRESS RULE

- a) Costume & T-shirt: Any rubberized (super suit & Bench suit) will be not allowed in the championship.
- b) Knee wrap – Only knee caps will be allowed in the championship not exceeding 20 cms.
- c) Langot, undershorts, T-shirt/Banyan will be allowed, use of both together is forbidden.

3.

Official Dress of Strength Lifting

Men	Women
a) White shirt	a) Black Salwar
b) Black long Pant	b) White kamiz with collar to adjust tie
c) Black shows	c) Black shoes
d) Maroon tie with WSLF logo/Regional logo	d) Maroon tie with WSLF logo/Regional logo
e) Shocks one colour	e) Shocks one colour
f) Black coat	f) Black coat

4. Players Dress of Strength Lifting Men & Women are:

Men
a) White shirt
b) Black long Pant
c) Black shows
d) Maroon tie with WSLF logo/Regional logo
e) Shocks one colour
f) Black coat

17. INTER CLUB / STATE/ COUNTRY TRANSFER OF LIFTER/ OFFICIAL/ MEMBER

For inter state /country transfer of lifter and other requisite necessary fees should be charged payable to the federation official Member should be produce No-Objection Certificate from his/her Registered unit, either any request/appeal will not be accepted up to six months for transferring his /her unit.

18. ACTIVITY AND POWER OF THE STGE MARSHALL:

The stage Marshall is empower to manage the discipline of the stage according to the guidance of the Chief Referee in consultation of the sitting other referees while the championship is going on.

19. WEIGHING IN OF THE COMPITITORS :

Body Weighing in of the competitor must take place on earlier than two hour before the start of the competition for a particular category. The weigh in period will last one and an half hours. The weigh in for each competitor will be carried out in a locked room with only the competitor, his coach or manager and along with the same category lifter of different state/ country as witness and the two referees present.

20 ERRORS IN LOADING

- a) If the bar is loaded to a lighter weight or heavier weight or the loading is not same on each side of the bar than originally requested and the 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 at the end of the round in which the error occurred.

- b) If the mistake or negligence of the porters or loaders (recommended by the chief referee) touch the bar on competition of the Incline bench press before receiving the 'Rack Signal' from the chief referee, the lift is eligible to be signaled as no lift. In the case the error is not of the lifter, the lifter may appeal to either chief referee or to juries for another chance for the same attempt which should be allowed.

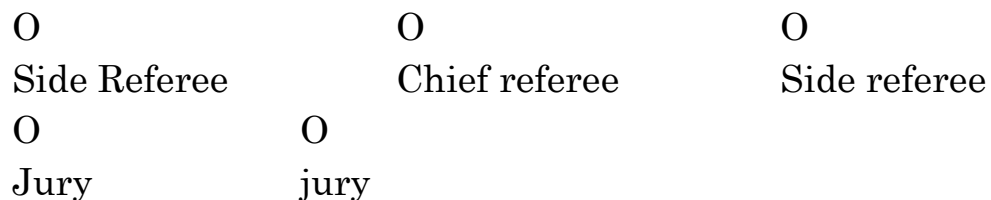
21.CHANGE OF ATTEMPT :

Only one change will be allowed regarding declared first starting attempt by the information before five minutes starting the championship and another tow changes will be allowed on 3rd attempt of Hack lift regarding declared attempt when the 3rd round will be going on.

22. REFEREES & JURIES SITTING :

For any competition organized under WSLF rules there shall be the three referee and two juries as per the following arrangement:-

- i) Side Referee
- ii) Side Referee
- iii) Chief Referee
- iv) Two juries



23. PRESENTATION OF LIFTERS

Fifteen (15) minutes before the start of the competition of each body weight category or group, the competitors of the category will be present in the order of lots drawn, after the presentation they leave the stage together along with the referees and other officials and guests.

24. COURSE OF THE COMPETITION

After loading the bar , one minute is allowed to each competitor between the calling of his name and beginning of the attempt after 30 second warning signal will be given by the announcer. If the competitor failed to raise the bar from the platform or stand , to make the attempt within this time the attempt is declared as no lift.

25. (a) INCLINE BENCH PRESS:

- i) The buttock must be placed such a way that it must touch the incline portion of the bench.
- ii) The lifter must sit on the seat with his back head and shoulder on incline portion. His hands must grip the bar with a “thumbs around”, thus locking the bar safely in the palms of the hands. His shoes must be flat on the floor. This position shall be maintained throughout the attempt.
- iii) Not more than four and not less than two potter / loaders shall be on the stage. The lifter may enlist the help of the potter/ loaders in removing the bar from the racks . the lift off, is assisted by the potter/ loaders must be to arms length.
- iv) The spacing of the hands shall not exceed 81 cms. Measured between the forefingers.
- v) After removing the bar from the racks or receiving it from the potter/ loaders the lifter shall wait with elbow locked for the chief referees' signal. The signal shall be given as soon as the lifter is motionless and the bar is properly positioned.
- vi) The signal shall consist of a downward movement of the arm together with the audible command –‘start’

vii) 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 and then press upward, with an even extension of the arms till the signal 'rack' shall be given.

(b)CAUSES FOR DISQUALIFICATIONS OF INCLINE BENCH PRESS:

i) Failure to observe the Chief Referee's Signal at the commencement or completion of the lift.

ii) Any change in the elected lifting position during the lift proper , i.e. any rising movement of the head, shoulder , or feet from their original points of contract with the incline bench or the floor or lateral movements of the hands on the bar.

iii) Any uneven extension of the arms during the lift.

iv)Heaving ,bouncing or sinking the bar after it has been motionless on the chest.

v)Any down ward movement of the bar in the course of being pressed out.

vi)Failure to press the bar to full extension of the arms at the completion of the lift.

vii)Contact with the bar or the lifter by potter/ loaders between the chief referee's signals.

viii) Failure to comply with any of the requirements contained in general description of the lift, which precedes this lift of disqualifications.

26. (a) TEO HAND CURLING :

- i) The lifter shall face the front of the platform. The lifters feet should not cross the side border Line measuring length 81 cm marking on the platform . Two marking points will be marked beside the 81 cm. length.
- ii) The bar must be laid horizontally in front of the lifter's feet, gripped with grip in both hands with knees shall be locked in straight position and the shoulder back.
- iii) The signal shall be 'start'.
- v)After receiving the signal, the lifter must curl the bar to the upper chest, hold it motionless without an even extension of the arms, when held motionless in this position the audible signal- 'down' shall be given. On receiving the audible command down by the Chief Referee (While the bar is at the upper chest position of the lifter), the lifter should return the bar to the starting position . Thereafter the lifter should place the bar gently on the platform.

(b)CAUSES FOR DISQUALIFICATIONS OF TWO HANDS CURLING:

- i) Failure to observe the chief Referee's signal at the commencement or completion of the lift.
- ii) Any change in the curling position during the lift proper ,i.e. any jerk or rising of feet bending of knees from the original position or any backward movements of the back.
- iii) Any uneven curling of the arms during the lift.
- iv)Any down ward movement of the bar in the course of being curled out.
- v)Failure to curl the arms at the completion of the lift.
- vi)If the lifters touched the bar to the throat or upper chest, after completion of the two hands curling , the lift will be no lift.
- vii) If the feet cross the side border Line measuring Length 81 cm/. marking on the platform.

27. (a) HACK LIFT:

- i) The bar must be laid horizontally behind the lifter's feet, gripped will be easy or hook with an optional grip in both hands, and lifted without any downward movement until the lifter is standing erect.
- ii) The lifter shall face the front of the platform.
- iii) On completion of the lift the knees shall be locked in a straight position and the shoulders back.
- iv) The Chief Referee's signal shall consist of a downward movement of the hand and the audible command 'down'. The signal will not be given until the bar is held motionless and the lifter is in the apart finished position.

(b) CAUSE FOR DISQUALIFICATION OF HACK LIFT:

- i) Any downward movement of the bar before it reaches the final position.
- ii) failure to stand erect with shoulders back .
- iii) failure to lock the knees straight at the completion of the lift.
- iv) Stepping backward or forward although front movement of the toe or rocking feet between ball and heel is not permitted.
- v) Lowering the bar before the Chief referee's signal.
- vi) Allowing the bar to return to the platform without maintaining control with both hands.
- vii) Failure to comply with any of the requirements contained in the general description of the lift, which precedes this lift disqualification.
- viii) Failure to stand after finished the lift on the platform.

ix) If the lifter fall down on the bar or on the platform at the time of placing the bar at the platform form receiving down signal of Chief Referee.

28. PHYSICALLY CHALLENGED , INCLINE BENCH PRESS:

Rules will be same as for Non – Physically challenged exceptional will be-

- i) Any lower part of waist disabled by diseases or accident or by birth paralyzed of leg's candidates/ person will be allowed as a physically challenged Candidate for participating in the strength Lifting championships.
- ii) To assist mobility – Assistance will be available for sitting of the competitors and their access to the platform as well as bench.
- iii) The lifter must sit on the seat with his back, head must grip the bar with a 'thumbs around ' locking the bar safely in the palms of the hand.
- iv) Lifter's shoes must be flat or must be flat on the floor due to disable of legs.
- v) Anyone assistant/ coach will be allowed on the stage by the consent of chief Referee , only for helping of the lifters till before the audible comment 'start' of incline Bench Press.
- vi) Abdomen wrap - Abdomen wrap will be allowed for the Incline Bench Press of the physically challenged lifters. The wrap will wrap over the abdomen with the iron/steal hooks beside the incline bench portion.
- vii) Measure of the abdomen wrap – wrap no exceeding 2 mtrs. in length and 10 cm in width may be worn. Two ply cotton or medical crape bandage are permitted.
- viii)

29. FIGURES & DIAGRAM OF

I) Incline Bench Press.

ii) Two hands curling

iii) Hack lift.