



## **Powerlifting Federation, Inc.**

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### **General Rules**

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Throughout this rule book, for reasons of brevity, where the use of the word “lifter(s)” occurs is made in reference to both male and female lifters. The use of the phrases 100% RAW or the federation is made in reference to 100% RAW Powerlifting Federation Inc.

1. 100% RAW recognizes the following lifts which must be taken in the same sequence in all competitions conducted under 100% RAW rules:
  - A. Squat
  - B. Bench Press
  - C. Deadlift
  - D. Strict Curl
  - E. Repetition Division
  - F. Repetition Challenge

2. 100% RAW conducts the following meets:

- a. **State/Provincial;** Powerlifting, Bench Press, Deadlift and Ironman
- b. **National;** Powerlifting, Bench Press, Deadlift and Ironman
- d. **World;** Powerlifting, Bench Press, Deadlift and Ironman

Note; strict curl and repetition events may be added to each level of competition

3. Three levels of sanctions are issued for purposes of establishing or setting records:

- a. **Sanction I;** State/Provincial Records only
- b. **Sanction II;** State/Provincial and National Records
- c. **Sanction III;** State/Provincial, National, and World Records

4. Competition takes place between lifters in categories defined by sex, bodyweight and age.

a. All lifters must be active members of 100% RAW Powerlifting Federation, Inc. Membership cards are good from one year from date of initial purchase. The current fee for membership cards is 25USD for adults, and 10USD for lifters 19 and younger.

5. The rules apply to all levels of competition (Sanction I, II, & III).

6. Each competitor is allowed three attempts on each lift. The lifter's best valid attempt on each lift counts toward his competition total. For establishing or setting a new record, fourth attempts are permitted after a successful third attempt (for further information on 4<sup>th</sup> attempts see clause 11 in "Order of Competition").

7. In a competition where a total is gained, individual lift fourth attempts will not count towards the total. The lifter will thus have only three attempts in each skill (Squat, Bench Press, and Deadlift) to register a total. The 4<sup>th</sup> attempts will, however, count towards individual lift records.

8. If two or more lifters achieve the same total, the lighter lifter ranks above the heavier lifter. If two lifters register the same bodyweight at the weigh in and eventually achieve the same total at the end of the competition, the lifter making the total first will take precedence over the other lifter. Where awards are presented for best squat, bench press and deadlift or if a World record is broken, the same procedure will apply.

9. 100% RAW records and recognizes State/Provincial, National and World records for the following divisions:

- a. **Open:** 25-34 (note; anyone over the age 14 may cross over to lift in the Open Division).
- b. **Youth:** Lifters, age 11 and under
- c. **Teen:** Lifters in the following age groups; 12-13, 14-15, 16-17, 18-19
- d. **Junior:** Lifters age 20-24
- e. **Sub-Masters:** Lifters age 35-39
- f. **Masters:** Lifters in the following age groups; 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, and 75+
- g. **Law/Fire/Military:** Active or retired
- h. **Special Olympian:** Lifters who have an intellectual, cognitive, or developmental disability recognized by either an agency or professional

i. **Handicapped:** Lifters suffering from a compromising physical impairment (including the absence of limbs, fingers, or vision)

j. **25-29 & 30-34:** Lifters must first enter Open in order to compete in these divisions.

Note: A lifter's age group category will be determined by their date of birth. Identification is required to prove age and Law/Fire/Military status. Acceptable forms of identification are; State issued photo ID, State issued Driver's License, Green Cards, Passport or any other unaltered photo ID which includes date of birth. Lifters may scan their identification card and attach it to the entry form they are mailing in, or they can present it to a certified official prior to the competition

10. Placing for all age groupings shall be determined by the totals of the lifters in accordance with the standard rules of lifting.

11. If a competitor's lift exceeds the Open record for their respective weight class he/she will receive credit for that record (even if they did not enter in the Open division). Henceforth, the Open record will always be the highest lift in a given weight class.

12. Body weight categories (kilograms/pounds):

a. **Men;**

48/105.8, 52/114.6, 56/123.4, 60/132.2, 67.5/148.8, 75/165.3, 82.5/181.8, 90/198.4, 100/220.4, 110/242.5, 125/275.5, 140/308.6, 140+/SHW

All weight classes maintain Open records

b. **Women;**

44/97.0, 48/105.8, 52/114.6, 56/123.4, 60/132.2, 67.5/148.8, 75/165.3, 82.5/181.8, 90/198.4, 90+/198.5+

All weight classes maintain Open records

13. Team awards shall be given for the first three places. In the case of a tie, the team having the most first place finishes will be ranked first. In the event that both teams has the same number of first place finishes, the team with the most second place finishes will be ranked first.

a. Team points will be scored as followed: 10, 7, 6, 5, 4, 3, 2, 1, 0.5, 0.25 for the first ten places in each division.

## **Personal Equipment**

100% RAW does not allow the use of elbow sleeves, knee wraps, knee sleeves, tape applied around a limb or finger, supportive lifting suit, supportive briefs, compression shorts, supportive shirts or compression shirts. Lifters are responsible for having proper equipment. The use of wrist wraps and a lifting belt is permitted (see specifications below).

1. A non-supportive singlet of any color is required for all state, national and world meets. Straps must be worn over the shoulders during the performance of a lift. The lifting singlet shall consist of a one-piece full-length suit of one-ply stretch material without any additional patches or padding that may add additional support to the garment. Singlets made of denim, canvas or include buttons, straps or Velcro is not permitted.

Note; exception will be made for lifters at State/Provincial meets (Sanction I) where youth and teen lifters (19 and under) may compete in non-supportive shorts (gym shorts) and t-shirt (t-shirt must be tucked into waist band of shorts). Loose fitting/baggy shorts are not allowed. Cutoff jeans, walking shorts, shorts made of canvas or altered power suits is not allowed. Undergarments, same as for one

piece lifting, shall be worn (see below). Spandex type bike shorts are suitable. It is required that shorts be mid-thigh in length. The only belt allowed with shorts is a lifting belt as defined in the rules. Youth and teen lifters must wear a one-piece lifting suit (singlet) at National and World meets (Sanction II & III).

2. T-shirts must be worn during the performance of the squat and bench press. It must be long enough so it can be tucked into the lifting singlet. Women must wear a t-shirt during the performance of all lifts. The sleeves of the t-shirt must not touch the elbows and must cover the deltoid. The t-shirt may be made of cotton or polyester. Shirts made of canvas, rubber, denim or those which include Velcro, zippers, buttons is not allowed. T-shirts may have a v-neck or have a crew shaped neck. Shirts with collars are not allowed. Sleeveless shirts are allowed if they are factory made and not hand cut. They must also cover the deltoids as well.

3. Only one t-shirt at a time may be worn during competition.

4. Attire that includes obscenities, inflammatory descriptions or is insulting is not allowed. Referees (upon inspection) will determine the criteria to be used in determining what will be allowed.

5. All items worn on the platform must be clean, un-torn and in a good condition.

6. Emblems may be displayed on singlets and t-shirts representing the lifter's affiliations, sponsors registered club, region or state. Students (high school/college) may wear singlets bearing the school's name/logo on it.

7. A standard commercial "athletic supporter" or standard commercial briefs (not boxer shorts) of any mixture of cotton, nylon or polyester shall be worn under the lifting singlet (See rule 9 for further specifications). Women may also wear a commercial or sports bra. Swimming trunks or any garment consisting of rubberized or similar stretch material except in the waistband, shall not be worn under the lifting costume.

8. Any supportive undergarment is not legal for use in 100% RAW competition.

9. Under Armour (or type-brands) will not be allowed in competition regardless of thickness or elasticity. This ruling includes shirts and briefs.

10. Wrist wraps:

The use of wrist wraps will be permitted under the following restrictions:

- a. Only one wrist wrap is permitted on each hand.
- b. The wraps may not exceed 61cm (24 inches) in length or 8cm (3.2 inches) in width.
- c. The wraps may not exceed a covering width of 12cm (4.7 inches).
- d. The tightening loops must not be over the thumb during the lift.

11. Socks:

- a. Socks may be worn.
- b. They may be of any color or colors and may have manufacturer's logos.
- c. They shall not be of such length on the leg that they come into contact with the knee.
- d. Full length leg stockings, tights or hose are strictly forbidden.
- e. Shin length socks must be worn to cover and protect the shins while performing the deadlift.
- f. Light protective guards between sock and shin may be worn.

12. Shoes must be worn during lifts.

- a. Shoes shall be taken to include sport shoes/sport boots; weightlifting/powerlifting boots, deadlift slippers.
- b. No part of the underside shall be more than 5cm/2 inches.
- c. The underside must be uniform on both sides.
- d. Loose inner soles that are not part of the manufactured shoe shall be limited to 1cm/.4 inch thickness.

13. Belt- competitors may wear a belt. If worn it shall be on the outside of the lifting singlet.

14. Materials and construction of lifting belt:

- a. The main body shall be made of leather, vinyl or similar non-stretch material in one or more laminations which may be glued and/or stitched together.
- b. It shall not have additional padding, bracing or supports of any material either on the surface or concealed within the lamination of the belt.
- c. The buckle shall be attached at one end of the belt by means of studs and/or stitching
- d. The belt may have a buckle with one or two prongs or “quick release” (referring to a lever).
- e. A tongue loop shall be attached close to the buckle by means of studs/stitching.
- f. The name of the lifter and affiliations (nation, state, club or sponsor) may appear on the outside of the belt.
- g. The width of the belt shall be no more than 10cm/4 inches.

15. A professionally made elastic headband may be worn. No Handkerchiefs, bandannas, hats, or other headgear will be allowed on the platform.

- a. Headgear that is religious in nature is allowed.

16. Jewelry

- a. The head referee reserves the right to ask any lifter to remove articles of jewelry that he/she deems unsafe. Potential hazards may include (but are not reserved to) loose fitting or excessive bracelets and/or necklaces.
- b. If a lifter desires to wear religiously significant jewelry, or anything with deep personal significance, they are asked to inform the head referee prior the competition.
- c. Engagement/wedding rings or bands are allowed to be worn in competition.

## **General:**

1. The use of oil, grease or other lubricants on the body, costume or personal equipment is strictly forbidden.
2. Baby powder, resin, talc or magnesium carbonates are the only substances that may be added to the body and attire.
3. The use of any form of adhesive on the underside of footwear is strictly forbidden. This includes any form of built in adhesive, sand paper, emery cloth, etc. Resin, magnesium carbonate, or “stick type” sprays are not allowed on footgear. A spray of water is acceptable.

4. 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 sterile agent in the cleaning of the bar, bench, or platform. Bleach water, gloves and towels will be on hand to sanitize bars if needed.
5. Items such as mouthpieces and eye wear are permitted to be worn.

## **Equipment**

When preparing entry forms for distribution, the meet director should include the type of lifting equipment that will be used at the meet. Meet directors should endeavor to provide good quality equipment for the lifting platform and an adequate number of pieces of equipment in the warm-up area. If multiple lifting platforms are to be utilized, similar equipment is to be used on each platform. The venue (including warm-up area) should be set-up to ensure; a. adequate room for lifters b. to maintain a barrier between lifting and spectators (safety) and c. in a manner which protects floors, walls and other infrastructure of the venue.

1. Platform- platforms for both the warm-up area and the competition should be stable and solidly built. The lifting platform shall be at least 8'x8'. The lifting platform used in the competition must be made of carpet surface, or be a professionally manufactured lifting platform (with grip surface). Rubber mats or plywood without a carpet cover will not be allowed. The surface of the platform used shall be level, free from irregularities and projections.
2. Meet directors are recommended to have the lifting area designated by a clearly marked boundary. Only the lifter, referee, and spotter/loader are allowed in this area.
3. Bars and Discs- for all powerlifting contests organized under the rules of 100% RAW, only disc barbells are permitted. The use of discs which do not meet the current specifications will invalidate the contest and any records accomplished. Only those bars and discs that meet all specifications may be used throughout the entire competition and for all lifts. The bar shall not be changed during the competition, unless it is bent or damaged in some way as determined by the Head Referee.
4. Most makes of bars may be used. Bars must be in good condition and not bent. The easy curl bar is the only bar allowed to be used in the strict curl.
5. Kilogram plates, bars, and collars must be used in a Sanction III event.
6. At any Sanction II or III event calibrated plates must be used. If it is a Sanction I event the weights must be weighed on a certifiable scale 24 hours prior to the event, and recorded accordingly on each plate. Weights used for such a competition are not allowed to be off more than 1% of their original face value (example: a 25kg which weighs lighter than 24.75 kg or heavier than 25.25 kg will be deemed unacceptable). Lifters must be informed prior to the event of any discrepancies with the weight. A chart with these discrepancies must also be posted. The bar and collars must also be weighed.
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 that 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. Collars must always be used (when a 25kg/55.1 lb bar is used, spring collars may be used in competition). Unless pre-calibrated, collars must be weighed prior to the start of competition to confirm weight.
10. Squat Racks- combo style racks and commercial hydraulic type (i.e. Forza) may be used. Monolifts are not to be used in meets sanctioned by 100% RAW.
11. All squat racks must be capable of being secured at each required height through the use of pins.
12. For ease of adjusting to required heights, squat stand racks should be labeled and denoted through the use of numbers (1, 2, 3, 4, 5, etc).
13. Bench- combo style racks and free standing competition (example: Forza) benches may be used.
14. The bench shall be in good condition and not missing parts. The surface of the bench shall not be torn and it shall be free of irregularities and projections.
15. Blocks or discs shall be provided to enable lifters to achieve flat, stable footing due to the height of the bench.
16. Lights- 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. Each referee will control a white and a red light. These two colors represent a “good lift” (white) and “no lift” (red) respectively. The lights shall be arranged horizontally or vertically 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 and red flags, red and white cards or red and white paddles with which to make known their decisions.
17. Tools and chemicals to clean the equipment and platform shall be provided. Those items include; brush (wire type), towels and disinfectant (water/bleach mixture preferably in a spray bottle).

## **Powerlifts, Curls, Repetitions and Rules of Performance**

### **Squat:**

1. The lifter shall face the front of the platform. The bar shall be held horizontally across the shoulders, hands and fingers gripping the bar, and the top of the bar not more than the thickness of the bar below the outer edge of the shoulders. The hands may be positioned anywhere on the bar inside and or in contact with the inner collars.
2. After removing the bar from the racks, (the lifter may be aided in removal of the bar from the racks by the spotter / loaders) the lifter must move backwards to establish the starting position. When the lifter is motionless, erect with knees locked, and the bar properly positioned the Head Referee will give the signal to begin the lift. The signal shall consist of a downward movement of the arm and the



audible command “Squat”. Before receiving the signal to “squat” the lifter may make any position adjustments within the rules, without penalty. 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 seconds he is not in the correct position to begin the lift. The Head Referee will then convey the reason why the signal to “Squat” was not given.

3. Upon receiving the Head Referee’s signal, the lifter must bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees. Only one decent attempt is allowed. The attempt is deemed to have commenced when the lifters knees have unlocked. The bar may move from its starting position downwards on the lifters back the thickness / diameter of the bar during the performance of the lift.

4. The lifter must recover at will to an upright position with the knees locked. Double bouncing at the bottom of the squat attempt or any downward movement is not permitted. When the lifter is motionless (in the apparent final position) the Head Referee will give the signal to rack the bar.

5. The signal to rack the bar will consist of a backward motion of the arm and the audible command “Rack”. The lifter must then move forward and return the bar to the racks. For reasons of safety the lifter may request the aid of the spotter / loaders in returning the bar to, and replacing it in the racks. The lifter must stay with the bar during this process.

#### **Causes for disqualification of a Squat:**

1. Failure to observe the Chief Referee’s signals at the commencement or completion of a lift.
2. Double bouncing at the bottom of the lift, or any downward movement during the ascent.
3. Failure to assume an upright position with the knees locked at the commencement or completion of the lift.
4. Stepping backward or forward although lateral movement of the sole and rocking the feet between the ball and heel is permitted.
5. Failure to bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees, as in the diagram.
6. Any movement of the bar on the back more than the diameter / thickness of the bar below its starting position.
7. Contact with the bar or the lifter by the spotter / loaders between the Head Referee’s signals in order to make the lift easier.
8. Contact of the elbows or upper arms with the legs. Slight contact is permitted if there is no supporting that might aid the lifter.
9. Any dropping or dumping of the bar after completion of the lift.
10. Failure to comply with any of the items outlined under Rules of Performance for the squat.

#### **Bench Press:**

1. The bench shall be placed on the platform with the head facing the rear of the platform.
2. The lifter must lie on his back with head, shoulders and buttocks in contact with the bench surface. The feet must be flat on the floor (as flat as the shape of the shoe will allow). His hands and fingers must grip the bar positioned in the rack stands. Full and false grip is allowed (if a lifter chooses to use a false grip, they must announce prior to the start of the lift). This position shall be maintained throughout the lift.



3. To achieve firm footing the lifter may use flat surfaced plates or blocks to build up the surface of the platform. If a lifter is in need of a plate under his feet he/she may not use any which will be used during the competition. Plates used in the warm-up room may be used. In the event that one plate does not provide enough height, it is the lifter's responsibility to provide their own set of blocks. The blocks must be inspected by the event's meet director prior to the competition
4. After correctly positioning himself, the lifter may enlist the help of the spotter / loaders or their coach in removing the bar from the racks. The lift off, if assisted by the spotter / loaders must be at arms length.
5. The spacing of the hands shall not exceed 81 cm measured between the forefingers (both forefingers must be within the 81 cm marks and the whole of the forefingers must be in contact with the 81 cm marks if maximum grip is used). 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 lift-off for each attempt and if necessary the bar will be marked accordingly.
6. After removing the bar from the racks, with or without the help of the spotter / loaders, the lifter may begin the lift by lowering the bar to their chest (the chest, for the purpose of the rule, finishes at the base of the sternum / breastbone) where, once it becomes motionless, the Head Referee will signal an audible "Press". If the lifter has a hearing defect, a prearranged signal must be agreed upon between the head referee and lifter (example: the head referee physically touches the lifter for the press and rack command).
7. The lifter must then return the bar to arms length with no excessive / immoderate uneven extension of the arms. When held motionless in this position the audible command "Rack" shall be given together with a backward motion of the arm.
8. If anatomically, the arms cannot be fully extended, the lifter must inform the Head Referee prior to their first attempt.
9. Reverse grip and thumb less grip are allowed.

#### **Causes for Disqualification of a Bench Press:**

1. Failure to observe the Head Referee's signals during or completion of the lift.
2. Any change in the elected lifting position during the lift proper (i.e. any raising movement of the head, shoulders, or buttocks, from the bench, or movement of the feet on the floor / blocks / plates / or lateral movement of hands on the bar.)
3. Heaving, or sinking the bar into the chest after it is motionless in such a way as to make the lift easier.
4. Any pronounced / exaggerated uneven extension of the arms during the lift.
5. Any downward movement of the whole of the bar in the course of being pressed out.
6. Failure to press the bar to full extension of the arms at the completion of the lift.
7. Contact with the bar or the lifter by the spotter / loaders between the Head Referee's signals, in order to make the lift easier.
8. Any contact of the lifter's feet with the bench or its supports.
9. Deliberate contact between the bar and the bar rests support.
10. Failure to comply with any of the items outlined under the Rules of Performance.

## **Deadlift:**

1. The lifter shall face the front of the platform with the bar laid horizontally in front of the lifters feet, gripped with an optional grip in both hands and lifted until the lifter is standing erect.
2. On completion of the lift the knees shall be locked in a straight position and the shoulders back.
3. The Head 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 and the lifter is in the apparent finished position.
4. Any rising of the bar or any 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 (slightly downward on completion) this should not be reason to disqualify the lift.
5. The head referee reserves the right to determine if a lifter has made a legitimate effort. Lifters are allowed to shake the weight, make jerks, or take their hands on and off the bar without penalty—providing the 60 second time limit has not elapsed.

## **Causes for Disqualification of a Deadlift:**

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 thigh 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 feet or rocking of the feet between ball and heel is permitted.
6. Lowering the bar before receiving the Head 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 hand).
8. Failure to comply with any of the items outlined under Rules of Performance.

## **Strict Curl:**

1. The lifter shall face the front of the platform. The bar shall be held horizontally across the thighs with the hands palms of the hands facing outward and fingers gripping the bar. The feet shall be flat on the platform with the knees locked and arms fully extended. The lift shall have their shoulders and buttocks firmly against a wall during the lift.
2. After removing the bar from the racks, the lifter must move backwards to the wall to establish his starting position. The lifter shall wait in the starting position for the Head Referee's signal. The signal will be given once the lifter is motionless and the bar is properly positioned with your Head Up & Chin Up and arms extended fully down. The Head Referee's signal shall consist of an upward movement of the arm and the verbal command "Curl".

3. Once the curl command is given the lifter must bring the bar up to the fully curled position (bar near chin or throat with palms facing backward). The knees must remain locked and the shoulders and buttocks against the wall throughout the entire lift.
4. When the lifter has reached the finished position the Head Referee's signal shall consist of a downward movement of the hand and the verbal command "Down". The signal will not be given until the bar is held motionless and the lifter is in the apparent finished position.
5. At the completion of the lift, the knees shall be locked and the shoulders and butt firm against the wall and the lifters will need to wait the signal to replace the bar. This will consist of a backward motion of the hand and the verbal command "Rack".
6. The legs and hips may not be used in any way for momentum to complete the lift. Lifter may not lean back to assist in bringing the weight up. Any thrusting of the legs or hips for momentum is not allowed. The feet must remain flat and motionless throughout the lift.
7. Any rising of the bar or any deliberate attempt to do so will count as an attempt.
8. The lifter may, at the Head Referee's discretion, be given an additional attempt at the same weight if failure in an attempt was due to an error by one or more of the loaders.
9. This lift will be judged by 3 referees.
10. The back part of the heel cannot be more than 12" from the wall. There should be a line (tape) designated on the floor where the heels cannot cross over.

#### **Causes for Disqualification of the Strict Curl:**

1. Any downward movement of the bar before it reaches the final position.
2. Leaning back to assist the lifter in raising the weight.
3. Shoulders or Buttocks coming off the wall during the lift both while going up & down.
4. Failure to stand erect with the shoulders square and Buttocks flat against the wall at the completion of the lift.
5. Failure to keep the knees locked and straight during the lift.
6. Failure to keep feet flat during the lift
7. Stepping backward or any foot movement such as rocking the feet.
8. Lowering or racking the bar before receiving the Head Referee's signal to do so.
9. Bouncing the bar off the thighs or bending the back to assist the lifter in starting the upward motion.

#### **Repetition Division:**

1. This lift will be judged by 1 referee.
2. Head Referee will sit in side referee's position and his count is the Final Count.
3. Feet must stay in same position (starting position).
4. Must be wrapped grip – No thumb less grips allowed.

5. Females will do half of their body weight for reps with the highest number of reps being the winner.
6. Males will do their body weight for reps with the highest number of reps being the winner.
7. In the event of a tie, the lifter with the heavier weight wins first place.
8. Meet director will decide whether to have one overall division or two divisions; lightweight and heavyweight
9. All uniform rules apply.

**Causes for Disqualification of the Repetitions:**

1. Failure to touch your chest.
2. Failure to lockout completely.
3. Uneven lockout.
4. Touching the bench intentionally with the bar and sliding it up.
5. Seesawing.
6. Failure to keep your buttocks on the bench.

**Repetition Challenge:**

1. The weights used in the Rep Challenge are (kilo/standard); 62.5/135, 102.5/225, 125/275, 142.5/315, 165/365, 185/405, 207.5/455 225/495
2. You must weigh under the Rep challenge weight you want to lift.
3. You may go up to any weight you choose.
4. This lift will be judged by one (1) referee.
5. Head Referee will sit in side referee position and his count is the Final Count.
6. Feet must stay in same position (starting position).
7. Must be wrapped grip – No thumb less grip allowed.
8. All uniform rules apply.
9. Women will not have their own division but can enter men's division.

**Causes for Disqualification of the Repetitions:**

1. Failure to touch your chest.
2. Failure to lockout completely.
3. Uneven lockout.
4. Touching the bench intentionally with the bar and sliding it up.
5. Seesawing.
6. Failure to keep your buttocks on the bench.

## **General:**

1. Except when lifting off during the bench press portion of the contest, only referees, spotter-loaders and the lifter is permitted in the lifting area.
2. The lifting area is that which includes the lifting platform and the chairs in which the referees are seated.
3. Not more than five and not less than two spotter / loaders shall be on the platform at anytime. The Referees will decide the number of spotter / loaders required on the platform at any time.
4. Ammonia capsules are not allowed on the platform or inside the lifting area.
5. One warning concerning sportsmanship will be given at the pre-meet rules briefing. Any use of profanity or exhibiting excessive anger on the platform or in view of other lifters and spectators will result in disqualification.
6. Once the command, “Bars Loaded or Ready” has been given by the Head Referee, the lifter has 1 minute to start the lift. The start of the lift begins after the command “Squat” is given, the bar begins it’s decent in the bench press or the bar is lifted from the floor in the deadlift.
7. Lifters may not be on the platform until the command “Bars Loaded or Ready” is given by the Head Referee.
8. Lifters have 1 minute after the completion of their last attempt to enter their next attempt at the scorers table. If an attempt is not entered by a lifter, the same attempt will be entered if the last attempt was unsuccessful or a 2.5 kg/5 lb increase will be entered as the next attempt.
9. Referees:
  - a. All referees must have passed an examination, and done “sit-in” time, prior to officiating a competition
  - b. At no time during a lift is a referee permitted to leave his/her chair. Adjusting the chair for a better angle is permitted.
  - c. The head judge is not permitted to hand off to a lifter.
  - d. A lift may be overruled by a member of the committee if it is deemed detrimental to the reputation of the federation (ex: a blatant “hitch” in the deadlift was incorrectly passed by the referees).

## **Weighing-In**

1. Lifters are not allowed to enter the weigh-in area until validation of current 100% RAW membership card at registration.
2. Lifters may weigh-in up to 18 hours before the start of the competition and be eligible to establish/set State/Provincial, National and World records. Weigh-ins are usually scheduled for the evening before the day of the meet and the morning of the meet.

2. The weigh-in for each competitor will be carried out in a room with the door closed, with only the competitor, his coach or manager and one to three referees present. For reason of hygiene the lifter should wear socks / paper towel on scales platform.
3. Lifters may be weighed nude or in underwear. Lifters will not be weighed-in fully clothed. Lifters will be weighed-in only by members of the same sex.
4. If a lifter does not make weight, the lifter may be re-weighed until the time limit. A lifter who has made weight shall not be re-weighed for any reason, including an attempt to move up or down a class. A lifter will be allowed to make weight an unlimited amount of times until the predetermined weigh-in deadline.
5. Lifters, who at the time of weigh-in are either lighter or heavier than the stated weight class, may enter the meet in the lighter or heavier weight class.
6. Handicapped lifters using an artificial limb in competition must weigh in with that limb.
7. The same scale shall be used for all lifters. In National and World events (Sanction II and Sanction III) scales must be professional certifiable scales.
8. The lifters body weight, weight class and opening attempt(s) will be recorded on the score card upon completion of the weigh-in.
9. Lifters should check squat and bench press rack heights and note if foot blocks are needed prior to the start of the competition. That information will be recorded on the score card for use by the Announcer of the meet.
10. The lifter or the lifter's coach should verify all information (body weight, weight class, opening attempt(s) and rack heights have been accurately recorded prior to that information being submitted to the Scorer's Table.
11. In events which last more than one day, it is possible for a lifter to compete in two weight classes for the same event. The weight classes must be held on different days (example: day 1—lifters up to 82.5kg/181.8 lbs, day 2—lifters 90kg/198.4 lbs and above). In this case the lifter is required to make the appropriate weigh-in for both days.

## **Order of Competition**

### **The Round System:**

1. At the weigh in, the lifter or his coach must declare an opening attempt for all three lifts. The lifter, having made his first attempt at a lift, the lifter or his coach must decide upon the weight required for his second attempt. This weight must be submitted to the Scorer's Table before the one minute time allowance has elapsed. The same procedure is to be used for the second and third attempts on all three lifts. Responsibility for submitting attempts within the time limit rests solely with the lifter or his coach.

2. Where 10 or more lifters are competing, flights may be formed consisting of approximately equal numbers of lifters. However, flights must be formed when 15 or more lifters are competing in the same meet. A flight can be composed of a single bodyweight category or any combination of bodyweight categories at the discretion of the organizer for purpose of presentation.
3. 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.
4. When a flight consists of less than 6 lifters, compensatory time allowances shall be added at the end of each round as follows: For 5 lifters add 1 minute; 4 lifters add 2 minutes; 3 lifters add 3 minutes. 3 minutes is the maximum allowance permitted at the end of a round. Should a lifter follow himself when the compensatory clock is in operation, 3 minutes is the maximum allowance permitted. For compensatory time where flights are involved, unloading of the bar will take place at the end of the compensatory time, reloaded, then the one minute to start the attempt.
5. The bar must be loaded progressively during each round on the principle of a rising bar. At no time will the weight on the bar be lowered within a round except for errors and then only at the end of a round.
6. Lifting order within each round will be determined by the lifter's choice of weight for that round. In the event of two lifters choosing the same weight, the lifter with the lighter body weight at weigh-in will lift first. The same applies to third round deadlift attempts, whereby the weight may be changed twice, subject to the bar not having already been loaded to the lifters originally chosen weight.
7. If an attempt is unsuccessful, the lifter does not follow himself, but must wait until the next round before he can attempt that weight again.
8. 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 extra attempt at the end of the round. If the lifter also happens to be the last lifter in the round, he shall be granted a three minute rest prior to making his attempt, last but one in the round two minutes, last but two in the round one 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 minute to begin the attempt. The clock will be started and the lifter will have that time to begin his attempt. Lifters following themselves will have four minutes time placed on the clock, during which time the lifter can begin his attempt as soon as he is ready. Lifters last but one in the round will be given three minutes, last but two in the round will be given two minutes, all others will be given the usual one minute to begin the attempt.
9. Up to five (5) minutes before the start of their flight, 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. 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 one minute of that announcement.



10. 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 that the last attempt was completed. If no weight is submitted within the one minute time allowance, the lifter will be granted a 2.5 kg/5 lb increase on the next attempt. Should the lifter have failed his previous attempt and not submitted a weight for a further attempt within the one minute time allowance, then the bar will be loaded to the failed weight.

11. For the first three attempts in the Squat, Bench Press, and Deadlift the minimum weight increase is 2.5 kilo or 5 lbs.

Note: 12. In the Strict Curl lifters will be eligible to deviate from the provided loading chart increments on his/her first three attempts (providing they are attempting a record).

12. Weights submitted for second round attempts on all three lifts cannot be changed. Similarly third round attempts on the squat and bench press cannot be changed. Under this rule once an attempt is turned in, it cannot be withdrawn. The bar shall be loaded to the turned in weight and the clock will be run.

13. In the third round of the deadlift, two changes are permitted. The change of the weight may be higher or lower than the lifter's previously submitted third attempt. However, these are only permitted provided that the lifter has not been called to the bar already loaded to his previously submitted weight by the announcer or head referee.

14. In single lift competitions rules in general are the same as for three lift competitions. However, in the third round, two weight changes are permitted and the rules as stated in (13) above for the deadlift apply equally here.

15. When there are two or more flights, lifting will be organized on a flight repetition basis. No time interval will be allowed between rounds other than that necessary for arranging the platform.

a. For example, if there are two flights taking part in a meet, the first flight will complete all three rounds of the squat. They will be followed immediately by the second flight who will complete their three rounds of squat. The platform will then be set up for the bench press and the first flight will complete their three rounds of the bench press, immediately followed by the second flight who will similarly complete their three rounds of the bench press. The platform will then be set up for the deadlift and the first flight will complete their three rounds of the deadlift, immediately followed by the second flight who will similarly complete their three rounds of the deadlift.

16. In some instances, multiple sessions may be required. Each session will be arranged as described above.

17. Time will be allowed between lifts to prepare and arrange the platform. Additional time between lifts may be allowed so that lifters can warm-up.

#### **4<sup>th</sup> Attempts:**

At a Sanction II event lifters may be granted 4<sup>th</sup> attempts (providing they are attempting either a State or National Record). At a Sanction III event lifters may be granted 4<sup>th</sup> attempts if they are attempting either National or World Records. In order to be granted a 4<sup>th</sup> attempt a lifter must make their 3<sup>rd</sup> attempt and receive approval from the head referee immediately after this lift. For a 4<sup>th</sup> attempt lifters are free to make use of incremental weights, and are not required to make a 2.5kg/5 lb increase over their 3<sup>rd</sup> attempt (example: a lifter who is successful with a 3<sup>rd</sup> attempt of 102.5kg will be eligible to try

a 4<sup>th</sup> attempt of 103.5kg). 4<sup>th</sup> attempts do not count towards the final meet results (i.e. they only count towards records).

### **Incremental Weights:**

Note: for this section the term “Incremental Weights” refers to any weight which deviates from the traditional weight increments spanning every 2.5kg or 5 lbs.

1. Lifters will be eligible to deviate from the standard 2.5kg or 5 lb increments provided on the loading charts in two cases:
  - a. The lifter is attempting a 4<sup>th</sup> attempt for a record (see above).
  - b. The lifter is attempting to break a preexisting record in one of his/her first three attempts (see below).
2. A lifter attempting a record may only use incremental weights once during their first three attempts (unless they are unsuccessful at a lift which requires incremental weights. In that case, the same weight will be reloaded for their next attempt).
3. Incremental weights will only count towards records, and will not count towards the final meet results to determine best lifter or event winner. When determining event winners “incremental” lifts will be rounded down to the nearest loading chart weight (example: 300.5kg will be rounded down to 300.0kg).
4. Because incremental weights are rounded down for the event’s results, a lifter may request an attempt which would otherwise be less than a 2.5kg or 5 lb increase (example: if a lifter is successful with their second attempt of 300.5kg, they will be eligible to attempt 302.5kg on their 3<sup>rd</sup> attempt—this is allowed because their second attempt of 300.5kg will only count as 300.0kg in the meet results).
5. An athlete who uses incremental weights in a full-power competition will have these weights added to his/her individual lift and total.
6. Lifters may only use incremental weights if they are attempting a State or National Record (Sanction II event) or a National or World Record (Sanction III event). Lifters will not be eligible to use incremental weights if they are not attempting a record.

## **Procedures for running a meet for 100% RAW Powerlifting Federation**

1. Must be a current/active member.
2. Must fill Sanction form and send into President for approval 2-months prior of the meet minimum. Form is located on website.
3. Must have location and date on Sanction form for the approval.
4. The venue will need to send a confirmation that you have the rental/use of facility for that date. Must be signed by the manager or owner of facility within 10 days after you receive the approval from the President. A copy must be faxed to the Federation at 252-338-7669 for our records.
5. Insurance will be sent back to you with the approval form.
6. Home office will provide you with an entry form for you to preview. If changes need to be made please make them and e-mail back to federation for approval. Our webmaster will post entry form on our website.
7. Minimum of 10% Drug testing required. Numbers always round up to next 10<sup>th</sup> digit. Ex: (25 lifters, you will need 3 tests) and (24 lifters, you will need 2 tests). The Drug testing kits are to be sent to our Testing Lab which will be sent to you and will provide free FedEx overnight shipping labels. Each test is \$60 and that money is to be sent to the Federation home office.
8. All lifters need to be a member of the Federation in order to lift. Meet directors need to check each lifters card or check over the member list that the federation will provide. If a lifter does not have a card his lifts will go as invalid and no records will be awarded. Lifters may purchase a card from the meet director the day of the meet; the meet director will need to send this form to the home office with all monies within 7 days of the meet. Home office will send out all membership cards.
9. Meet results will be written up and sent to home office via e-mail or US Postal within 7 days of the meet.
10. Meet directors are responsible for calling PLUSA and advertising the meet.
11. Meet directors need to follow 100% RAW rules & guidelines for the meet.
12. Must have approved judges from federation. Judges can be grand fathered in if they are a current official in another federation if approved by 100% RAW President and or Rules/Technical Chairman. This must be done minimum 2 weeks prior to an upcoming competition. Must be able to pass the Judges test before the event.

# **CHAIRMAN RULES**

All chairman appointments are approved by the President of the Federation as recommended by the Director of Chairman (DOC).

All chairman appointments are reviewed annually and subject to renewal every year in January.

To maintain a chairman/state in “good standing” the following requirements must be met:

- Minimum of two sanctioned meets must be held in a calendar year
- Minimum of 20, 100% RAW card holders must be maintained
- The schedule of pre-meet checkpoints must have been adhered to for all sanctioned meets held by the chairman
- Timely communication updates are needed
- Acceptable attendance on monthly update calls and quarterly chairman group calls
- Results from meets and participation fees must be submitted according to the approved standards within 1 week after completion of the meet.

The following are requirements for chairman to hold sanctioned 100% RAW meets:

- Sanction form must be completed, approved and fee received before the meet can be advertised and placed on the RAW website calendar
- Schedule of pre-meet checkpoints must be met according to the checkpoint list
- All shirts and awards must be ordered through the 100% RAW Federation unless otherwise approved
- All National and World meet titles must be approved by the President of the Federation and requires Corporate Federation Officer attendance and onsite management.

All advertising, promotion, and/or use of the 100% RAW Powerlifting Federation name or logo's must be submitted by form and approved in advance by the Advertising Department.

All questions on meet rules, divisions, judging, conduct and testing should be referred to the Competition Committee in writing.

## **Drug Testing**

Drug testing will be conducted by means of urinalysis and/or any other means at the discretion of the meet director, the drug testing officer, or the federation president.

A minimum of ten (10) percent of all lifters will be tested. All lifters who set Open class world records will be tested. These criteria can be used to meet the ten (10) percent requirement.

All samples collected at National or World meets will be tested before submission to the lab to ensure that they are valid, unadulterated samples. Any sample that tests as diluted or adulterated will be discarded and a second sample will be collected. A second sample that tests as adulterated will be forwarded to the lab and tested for evidence of tampering. Confirmed tampering will result in a lifetime ban. A second – and subsequent – sample that tests as diluted will be rejected and discarded unless the athlete has a documented medical condition that would result in a diluted sample. The athlete must provide an undiluted sample to meet the requirements of drug testing.

**A negative result on a drug test is required to claim any record.**

The 100% RAW Powerlifting Federation was established in 1999 with the goal to showcase Powerlifters safely competing with no special "support" equipment and 100% Drug-Free! In order to meet this objective, the 100% RAW Powerlifting Federation prohibits the use of anabolic agents, masking agents, and other substances with a similar chemical structure or similar biological effect(s).

100% RAW does not provide advice on medical matters or treatments and nothing contained in this document should be interpreted as such. The athlete is responsible for managing his/her medical care and for using medications in a manner consistent with the World Anti-Doping Code. These rules merely regulate the conditions under which competition will take place.

The WADA 2010 Prohibited List (effective 1/1/2010) can be seen here:

<http://www.wada-ama.org/en/World-Anti-Doping-Program/Sports-and-Anti-Doping-Organizations/International-Standards/Prohibited-List/>

The WADA Code can be seen here:

<http://www.wada-ama.org/en/World-Anti-Doping-Program/Sports-and-Anti-Doping-Organizations/The-Code/>

WADA Site: <http://www.wada-ama.org/en/>

## **The following will constitute anti-doping violations.**

- 1.1 The presence of a prohibited substance or its metabolites or markers in an athlete's bodily specimen.
  - 1.1.1 It is each athlete's personal duty to ensure that no prohibited substance enters his or her body. Athletes are responsible for any prohibited substance or its metabolites or markers found to be present in their bodily specimens. Accordingly, it is not necessary that intent, fault, negligence or knowing use on the athlete's part be demonstrated in order to establish an anti-doping violation.
- 1.2 The use or attempted use of a prohibited substance or prohibited method.
  - 1.2.1 The success or failure of the use of a prohibited substance or prohibited method is not material. It is sufficient that the prohibited substance or prohibited method was used or attempted to be used for an anti-doping violation to be committed.
- 1.3 Refusing or failing without compelling justification, to submit to sample collection after notification of drug testing or otherwise evading sample collection. This is to include leaving the venue after competing without notifying the meet director.
- 1.4 Tampering, or attempting to tamper, with any part of the Doping Control process.
- 1.5 Conviction in a court of law of the use, possession, sale or distribution of a prohibited substance.

The first violation of sections 1.1 or 1.2 above will result in a two (2) year suspension from lifting in 100% RAW sanctioned meets. It will also result in the removal of any 100% RAW lifting records held by the athlete. The athlete's membership in 100% RAW will be extended to the end of his or her suspension date and the athlete will be subject to random testing during his or her suspension. Failure to comply with this provision will

result in a lifetime ban from 100% RAW. Lifetime is to be considered to be the athlete's natural life. Attempting to compete in a 100% RAW meet while on probation or a second violation of sections 1.1 or 1.2 will result in a lifetime ban from 100% RAW.

Any violation of sections 1.3, 1.4 or 1.5 above will result in a lifetime ban from 100% RAW.

## **Therapeutic Use Exemptions**

The use of a prohibited substance for a valid medical purpose is possible by virtue of a therapeutic use exemption (TUE).

### **The criteria for use of a TUE are as follows:**

1. The athlete would experience significant health problems without taking the prohibited substance or method,
2. The therapeutic use of the substance would not produce significant enhancement of performance, and
3. There is no reasonable therapeutic alternative to the use of the otherwise prohibited substance or method.
4. An abbreviated TUE is to be used for glucocorticosteroids and for beta-2 agonists.

Abbreviated TUE:

[www.wada-ama.org/rtecontent/document/simplified.pdf](http://www.wada-ama.org/rtecontent/document/simplified.pdf)

A standard TUE is to be used for all other applications.

Standard TUE:

<http://www.wada-ama.org/en/World-Anti-Doping-Program/Sports-and-Anti-Doping-Organizations/International-Standards/International-Standard-for-Therapeutic-Use-Exemptions/>

It is the responsibility of the athlete to make sure that the TUE is completely filled out and that all documentation is supplied. The TUE committee is not responsible for and will not pursue missing information.

**A diluted sample result is not a negative result.**

# Drug Information

## CREATININE

### Classification

Creatinine is a metabolic by-product of muscle metabolism, and normally appears in urine in relatively constant quantities over a 24 hour period with "normal" liquid intake. Therefore, urine Creatinine can be used as an indicator of urine water content or as a marker identifying a specimen as urine. Greater than normal intake of water will increase the urine water content (lowering the Creatinine level) consequently diluting the amount of drug in urine. Conversely, a limited intake of water can lead to an abnormally concentrated urine specimen (as occurs with dehydration) resulting in elevated Creatinine levels.

### Interpretation of Results

#### Creatinine Conc.:

#### Interpretation:

<20 mg/dL

Dilute urine specimen: Most likely due to increased water or liquid intake. Can be a result of short-term water loading (flushing) in an attempt to dilute any drug below testing cut-off concentrations.

<2.0 mg/dL

Abnormally dilute: Specimen showing an excessively low Creatinine value. May be an indication that the specimen is not consistent with normal human urine.

NOTE: The above values are based on the critical points that the Federal Department of Health and Human Services, Substance Abuse Mental Health Services Administration (SAMHSA) has set as decision points for interpreting dilute or substituted urine specimens.



# RAW POWERLIFTING

## Lifter Classification

### RAW WOMEN'S POWERLIFTING CLASSIFICATION CHART \* NOTE: Weights Below in LBS.

| Weight Class     | 97  | 105 | 114 | 123 | 132 | 148 | 165 | 181 | 198 | 198+ |
|------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|
| <b>ELITE</b>     | 543 | 581 | 623 | 665 | 703 | 773 | 853 | 895 | 960 | 1012 |
| <b>MASTER</b>    | 491 | 529 | 567 | 604 | 637 | 702 | 759 | 815 | 871 | 918  |
| <b>CLASS I</b>   | 440 | 477 | 511 | 543 | 572 | 632 | 684 | 736 | 920 | 825  |
| <b>CLASS II</b>  | 394 | 422 | 454 | 483 | 511 | 562 | 609 | 651 | 698 | 736  |
| <b>CLASS III</b> | 342 | 370 | 398 | 422 | 445 | 492 | 529 | 572 | 609 | 642  |
| <b>CLASS IV</b>  | 295 | 319 | 342 | 361 | 384 | 422 | 454 | 487 | 525 | 553  |

### RAW MEN'S POWERLIFTING CLASSIFICATION CHART \* NOTE: Weights Below in LBS.

| Weight class     | 114 | 123 | 132  | 148  | 165  | 181  | 198  | 220  | 242  | 275  | 275+ |
|------------------|-----|-----|------|------|------|------|------|------|------|------|------|
| <b>ELITE</b>     | 904 | 984 | 1059 | 1185 | 1298 | 1396 | 1471 | 1551 | 1607 | 1654 | 1728 |
| <b>MASTER</b>    | 850 | 904 | 974  | 1087 | 1190 | 1279 | 1354 | 1476 | 1518 | 1518 | 1594 |
| <b>CLASS I</b>   | 750 | 810 | 871  | 979  | 1068 | 1148 | 1209 | 1279 | 1321 | 1359 | 1420 |
| <b>CLASS II</b>  | 661 | 712 | 768  | 858  | 937  | 1012 | 1068 | 1125 | 1162 | 1199 | 1251 |
| <b>CLASS III</b> | 571 | 623 | 670  | 754  | 820  | 881  | 932  | 984  | 1017 | 1045 | 1087 |
| <b>CLASS IV</b>  | 502 | 543 | 586  | 656  | 712  | 768  | 810  | 853  | 890  | 914  | 951  |

**Note:** RAW Powerlifting is defined as wearing only a singlet and a weight belt. The classification standards below reflect a lifter's Total. A Total is achieved by adding A lifters best Squat, Bench & Deadlift performed in a sanctioned Powerlifting Competition.

## Kilo Conversion Chart

| KG.-----LBS.    | KG.-----LBS.    | KG.-----LBS.    | KG.-----LBS.    | KG.-----LBS.     |
|-----------------|-----------------|-----------------|-----------------|------------------|
| 25 ----- 55     | 120 ----- 264.5 | 215 ----- 473.7 | 310 ----- 683.2 | 405 ----- 892.7  |
| 27.5 ---- 60.5  | 122.5 --- 270   | 217.5 --- 479.5 | 312.5 --- 688.7 | 407.5 --- 898.2  |
| 30 ----- 66     | 125 ----- 275.5 | 220 ----- 485   | 315 ----- 694.2 | 410 ----- 903.7  |
| 32.5 ---- 71.5  | 127.5 --- 281   | 222.5 --- 490.5 | 317.5 --- 699.7 | 412.5 --- 909.2  |
| 35 ----- 77     | 130 ----- 286.5 | 225 ----- 496   | 320 ----- 705.2 | 415 ----- 914.7  |
| 37.5 ---- 82.5  | 132.5 --- 292   | 227.5 --- 501.5 | 322.5 -- 710.7  | 417.5 --- 920.2  |
| 40 ----- 88     | 135 ----- 297.5 | 230 ----- 507   | 325 ----- 716.2 | 420 ----- 925.7  |
| 42.5 ---- 93.5  | 137.5 --- 303   | 232.5 --- 512.5 | 327.5 --- 722   | 422.5 --- 931.2  |
| 45 ----- 99     | 140 ----- 308.5 | 235 ----- 518   | 330 ----- 727.5 | 425 ----- 936.7  |
| 47.5 ---- 104.5 | 142.5 --- 314   | 237.5 --- 523.5 | 332 ----- 733   | 427.5 --- 942.2  |
| 50 ----- 110    | 145 ----- 319.5 | 240 ----- 529   | 335 ----- 738.5 | 430 ----- 947.7  |
| 52.5 ---- 115.5 | 147.5 --- 325   | 242.5 --- 534.5 | 337.5 --- 744   | 432.5 --- 953.2  |
| 55 ----- 121.2  | 150 ----- 330.5 | 245 ----- 540   | 340 ----- 749.5 | 435 ----- 959    |
| 57.5 --- 126.7  | 152.5 --- 336   | 247.5 --- 545.5 | 342.5 --- 755   | 437.5 --- 964.5  |
| 60 ----- 132.2  | 155 ----- 341.5 | 250 ----- 551   | 345 ----- 760.5 | 440 ----- 970    |
| 62.5 --- 137.7  | 157.5 --- 347   | 252.5 --- 556.5 | 347.5 --- 766   | 442.5 --- 975.5  |
| 65 ----- 143.2  | 160 ----- 352.5 | 255 ----- 562   | 350 ----- 771.5 | 445 ----- 981    |
| 67.5 --- 148.7  | 162.5 --- 358   | 257.5 --- 567.5 | 352.5 --- 777   | 447.5 --- 986.5  |
| 70 ----- 154.2  | 165 ----- 363.7 | 260 ----- 573   | 355 ----- 782.5 | 450 ----- 992    |
| 72.5 ---- 159.7 | 167.5 --- 369.2 | 262.5 --- 578.5 | 357.5 --- 788   | 452.5 --- 997.5  |
| 75 ----- 165.2  | 170 ----- 374.7 | 265 ----- 584   | 360 ----- 793.5 | 455 ----- 1003   |
| 77.5 ---- 170.7 | 172.5 --- 380.2 | 267.5 --- 589.5 | 362.5 --- 799   | 457.5 --- 1008.5 |
| 80 ----- 176.2  | 175 ----- 385.7 | 270 ----- 595   | 365 ----- 804.5 | 460 ----- 1014   |
| 82.5 ---- 181.7 | 177.5 --- 391.2 | 272.5 --- 600.7 | 367.5 --- 810   | 462.5 --- 1019.5 |
| 85 ----- 187.2  | 180 ----- 396.7 | 275 ----- 606.2 | 370 ----- 815.5 | 465 ----- 1025   |
| 87.5 ---- 192.7 | 182.5 --- 402.2 | 277.5 --- 611.7 | 372.5 --- 821   | 467.5 --- 1030.5 |
| 90 ----- 198.2  | 185 ----- 407.7 | 280 ----- 617.2 | 375 ----- 826.5 | 470 ----- 1036   |
| 92.5 --- 203.7  | 187.5 --- 413.2 | 282.5 --- 622.7 | 377.5 --- 832   | 472.5 --- 1041.5 |
| 95 ----- 209.2  | 190 ----- 418.7 | 285 ----- 628.2 | 380 ----- 837.5 | 475 ----- 1047   |
| 97.5 --- 214.7  | 192.5 --- 424.2 | 287.5 --- 633.7 | 382.5 --- 843.2 | 477.5 --- 1052.5 |
| 100 ----- 220.2 | 195 ----- 429.7 | 290 ----- 639.2 | 385 ----- 848.7 | 480 ----- 1058   |
| 102.5 --- 225.7 | 197.5 --- 435.2 | 292.5 --- 644.7 | 387.5 --- 854.2 | 482.5 --- 1063.5 |
| 105 ----- 231.2 | 200 ----- 440.7 | 295 ----- 650.2 | 390 ----- 859.7 | 485 ----- 1069   |
| 107.5 --- 236.7 | 202.5 --- 446.2 | 297.5 --- 655.7 | 392.5 --- 865.2 | 487.5 --- 1074.5 |
| 110 ----- 242.5 | 205 ----- 451.7 | 300 ----- 661.2 | 395 ----- 870.7 | 490 ----- 1080.2 |
| 112.5 --- 248   | 207.5 --- 457.2 | 302.5 --- 666.7 | 397.5 --- 876.2 | 492.5 --- 1085.7 |
| 115 ----- 253.5 | 210 ----- 462.7 | 305 ----- 672.2 | 400 ----- 881.7 | 495 ----- 1091.2 |
| 117.5 --- 259   | 212.5 --- 468.2 | 307.5 --- 677.7 | 402.5 --- 887.2 | 497.5 --- 1096.7 |
|                 |                 |                 |                 | 500 ----- 1102.2 |

|           |        |                            |
|-----------|--------|----------------------------|
| 10 Kilo   | 22lbs  | Bar                        |
| 12.5 Kilo | 27lbs  | Bar + 1.25                 |
| 15 Kilo   | 33lbs  | Bar + 2.5                  |
| 17.5 Kilo | 38lbs  | Bar + 2.5 + 1.25           |
| 20 Kilo   | 44lbs  | Bar + 5                    |
| 22.5 Kilo | 49lbs  | Bar + 5 + 1.25             |
| 25 Kilo   | 55lbs  | Bar + 5 + 2.5              |
| 27.5 Kilo | 60lbs  | Bar + 5 + 2.5 + 1.25       |
| 30 Kilo   | 66lbs  | Bar + 10                   |
| 32.5 Kilo | 71lbs  | Bar + 10 + 1.25            |
| 35 Kilo   | 77lbs  | Bar + 10 + 2.5             |
| 37.5 Kilo | 82lbs  | Bar + 10 + 2.5 + 1.25      |
| 40 Kilo   | 88lbs  | Bar + 15                   |
| 42.5 Kilo | 93lbs  | Bar + 15 + 1.25            |
| 45 Kilo   | 99lbs  | Bar + 15 + 2.5             |
| 47.5 Kilo | 104lbs | Bar + 15 + 2.5 + 1.25      |
| 50 Kilo   | 110lbs | Bar + 20                   |
| 52.5 Kilo | 115lbs | Bar + 20 + 1.25            |
| 55 Kilo   | 121lbs | Bar + 20 + 2.5             |
| 57.5 Kilo | 126lbs | Bar + 20 + 2.5 + 1.25      |
| 60 Kilo   | 132lbs | Bar + 25                   |
| 62.5 Kilo | 137lbs | Bar + 25 + 1.25            |
| 65 Kilo   | 143lbs | Bar + 25 + 2.5             |
| 67.5 Kilo | 148lbs | Bar + 25 + 2.5 + 1.25      |
| 70 Kilo   | 154lbs | Bar + 25 + 5               |
| 72.5 Kilo | 159lbs | Bar + 25 + 5 + 1.25        |
| 75 Kilo   | 165lbs | Bar + 25 + 5 + 2.5         |
| 77.5 Kilo | 170lbs | Bar + 25 + 5 + 2.5 + 1.25  |
| 80 Kilo   | 176lbs | Bar + 25 + 10              |
| 82.5 Kilo | 181lbs | Bar + 25 + 10 + 1.25       |
| 85 Kilo   | 187lbs | Bar + 25 + 10 + 2.5        |
| 87.5 Kilo | 192lbs | Bar + 25 + 10 + 2.5 + 1.25 |
| 90 Kilo   | 198lbs | Bar + 25 + 15              |
| 92.5 Kilo | 203lbs | Bar + 25 + 15 + 1.25       |
| 95 Kilo   | 209lbs | Bar + 25 + 15 + 2.5        |



**Powerlifting Federation**

[Loading Chart for 10 Kilo Bar /Collars](#)

**LOAD CHART FOR 4 x 25 KG SET (collars included)**

|      |   |            |        |  |  |       |   |                      |        |
|------|---|------------|--------|--|--|-------|---|----------------------|--------|
| 20   | - | Bar        | 44.08  |  |  | 177.5 | - | 25-25-25-1¼          | 391.21 |
| 25   | - | bar,collar | 55.1   |  |  | 180   | - | 25-25-25-2½          | 396.72 |
| 27.5 | - | 1¼         | 60.61  |  |  | 182.5 | - | 25-25-25-2½-1¼       | 402.23 |
| 30   | - | 2½         | 66.12  |  |  | 185   | - | 25-25-25-5           | 407.74 |
| 32.5 | - | 2½-1¼      | 71.63  |  |  | 187.5 | - | 25-25-25-5-1¼        | 413.25 |
| 35   | - | 5          | 77.14  |  |  | 190   | - | 25-25-25-5-2½        | 418.76 |
| 37.5 | - | 5-1¼       | 82.65  |  |  | 192.5 | - | 25-25-25-5-2½-1¼     | 424.27 |
| 40   | - | 5-2½       | 88.16  |  |  | 195   | - | 25-25-25-10          | 429.78 |
| 42.5 | - | 5-2½-1¼    | 93.67  |  |  | 197.5 | - | 25-25-25-10-1¼       | 435.29 |
| 45   | - | 10         | 99.18  |  |  | 200   | - | 25-25-25-10-2½       | 440.8  |
| 47.5 | - | 10-1¼      | 104.69 |  |  | 202.5 | - | 25-25-25-10-2½-1¼    | 446.31 |
| 50   | - | 10-2½      | 110.2  |  |  | 205   | - | 25-25-25-15          | 451.82 |
| 52.5 | - | 10-2½-1¼   | 115.71 |  |  | 207.5 | - | 25-25-25-15-1¼       | 457.33 |
| 55   | - | 15         | 121.22 |  |  | 210   | - | 25-25-25-15-2½       | 462.84 |
| 57.5 | - | 15-1¼      | 126.73 |  |  | 212.5 | - | 25-25-25-15-2½-1¼    | 468.35 |
| 60   | - | 15-2½      | 132.24 |  |  | 215   | - | 25-25-25-20          | 473.86 |
| 62.5 | - | 15-2½-1¼   | 137.75 |  |  | 217.5 | - | 25-25-25-20-1¼       | 479.37 |
| 65   | - | 20         | 143.26 |  |  | 220   | - | 25-25-25-20-2½       | 484.88 |
| 67.5 | - | 20-1¼      | 148.77 |  |  | 222.5 | - | 25-25-25-20-2½-1¼    | 490.39 |
| 70   | - | 20-2½      | 154.28 |  |  | 225   | - | 25-25-25-25          | 495.9  |
| 72.5 | - | 20-2½-1¼   | 159.79 |  |  | 227.5 | - | 25-25-25-25-1¼       | 501.41 |
| 75   | - | 25         | 165.3  |  |  | 230   | - | 25-25-25-25-2½       | 506.92 |
| 77.5 | - | 25-1¼      | 170.81 |  |  | 232.5 | - | 25-25-25-25-2½-1¼    | 512.43 |
| 80   | - | 25-2½      | 176.32 |  |  | 235   | - | 25-25-25-25-5        | 517.94 |
| 82.5 | - | 25-2½-1¼   | 181.83 |  |  | 237.5 | - | 25-25-25-25-5-1¼     | 523.45 |
| 85   | - | 25-5       | 187.34 |  |  | 240   | - | 25-25-25-25-5-2½     | 528.96 |
| 87.5 | - | 25-5-1¼    | 192.85 |  |  | 242.5 | - | 25-25-25-25-5-2½-1¼  | 534.47 |
| 90   | - | 25-5-2½    | 198.36 |  |  | 245   | - | 25-25-25-25-10       | 539.98 |
| 92.5 | - | 25-5-2½-1¼ | 203.87 |  |  | 247.5 | - | 25-25-25-25-10-1¼    | 545.49 |
| 95   | - | 25-10      | 209.38 |  |  | 250   | - | 25-25-25-25-10-2½    | 551    |
| 97.5 | - | 25-10-1¼   | 214.89 |  |  | 252.5 | - | 25-25-25-25-10-2½-1¼ | 556.51 |
| 100  | - | 25-10-2½   | 220.4  |  |  | 255   | - | 25-25-25-25-15       | 562.02 |

|       |   |                |        |  |  |       |   |                            |        |
|-------|---|----------------|--------|--|--|-------|---|----------------------------|--------|
| 102.5 | - | 25-10-2½-1¼    | 225.91 |  |  | 257.5 | - | 25-25-25-25-15-1¼          | 567.53 |
| 105   | - | 25-15          | 231.42 |  |  | 260   | - | 25-25-25-25-15-2½          | 573.04 |
| 107.5 | - | 25-15-1¼       | 236.93 |  |  | 262.5 | - | 25-25-25-25-15-2½-1¼       | 578.55 |
| 110   | - | 25-15-2½       | 242.44 |  |  | 265   | - | 25-25-25-25-20             | 584.06 |
| 112.5 | - | 25-15-2½-1¼    | 247.95 |  |  | 267.5 | - | 25-25-25-25-20-1¼          | 589.57 |
| 115   | - | 25-20          | 253.46 |  |  | 270   | - | 25-25-25-25-20-2½          | 595.08 |
| 117.5 | - | 25-20-1¼       | 258.97 |  |  | 272.5 | - | 25-25-25-25-20-2½-1¼       | 600.59 |
| 120   | - | 25-20-2½       | 264.48 |  |  | 275   | - | 25-25-25-25-20-5           | 606.1  |
| 122.5 | - | 25-20-2½-1¼    | 269.99 |  |  | 277.5 | - | 25-25-25-25-20-5-1¼        | 611.61 |
| 125   | - | 25-25          | 275.5  |  |  | 280   | - | 25-25-25-25-20-5-2½        | 617.12 |
| 127.5 | - | 25-25-1¼       | 281.01 |  |  | 282.5 | - | 25-25-25-25-20-5-2½-1¼     | 622.63 |
| 130   | - | 25-25-2½       | 286.52 |  |  | 285   | - | 25-25-25-25-20-10          | 628.14 |
| 132.5 | - | 25-25-2½-1¼    | 292.03 |  |  | 287.5 | - | 25-25-25-25-20-10-1¼       | 633.65 |
| 135   | - | 25-25-5        | 297.54 |  |  | 290   | - | 25-25-25-25-20-10-2½       | 639.16 |
| 137.5 | - | 25-25-5-1¼     | 303.05 |  |  | 292.5 | - | 25-25-25-25-20-10-2½-1¼    | 644.67 |
| 140   | - | 25-25-5-2½     | 308.56 |  |  | 295   | - | 25-25-25-25-20-15          | 650.18 |
| 142.5 | - | 25-25-5-2½-1¼  | 314.07 |  |  | 297.5 | - | 25-25-25-25-20-15-1¼       | 655.69 |
| 145   | - | 25-25-10       | 319.58 |  |  | 300   | - | 25-25-25-25-20-15-2½       | 661.2  |
| 147.5 | - | 25-25-10-1¼    | 325.09 |  |  | 302.5 | - | 25-25-25-25-20-15-2½-1¼    | 666.71 |
| 150   | - | 25-25-10-2½    | 330.6  |  |  | 305   | - | 25-25-25-25-20-15-5        | 672.22 |
| 152.5 | - | 25-25-10-2½-1¼ | 336.11 |  |  | 307.5 | - | 25-25-25-25-20-15-5-1¼     | 677.73 |
| 155   | - | 25-25-15       | 341.62 |  |  | 310   | - | 25-25-25-25-20-15-5-2½     | 683.24 |
| 157.5 | - | 25-25-15-1¼    | 347.13 |  |  | 312.5 | - | 25-25-25-25-20-15-5-2½-1¼  | 688.75 |
| 160   | - | 25-25-15-2½    | 352.64 |  |  | 315   | - | 25-25-25-25-20-15-10       | 694.26 |
| 162.5 | - | 25-25-15-2½-1¼ | 358.15 |  |  | 317.5 | - | 25-25-25-25-20-15-10-1¼    | 699.77 |
| 165   | - | 25-25-20       | 363.66 |  |  | 320   | - | 25-25-25-25-20-15-10-2½    | 705.28 |
| 167.5 | - | 25-25-20-1¼    | 369.17 |  |  | 322.5 | - | 25-25-25-25-20-15-10-2½-1¼ | 710.79 |
| 170   | - | 25-25-20-2½    | 374.68 |  |  | 325   | - | 25-25-25-25-20-15-10-5     | 716.3  |
| 172.5 | - | 25-25-20-2½-1¼ | 380.19 |  |  | 327.5 | - | 25-25-25-25-20-15-10-5-1¼  | 721.81 |
| 175   | - | 25-25-25       | 385.7  |  |  | 330   | - | 25-25-25-25-20-15-10-5-2½  | 727.32 |

LOAD CHART FOR 4 x 25 KG SET (collars included)

## 432.5 kg (953.4 lbs) Ivanko Competition Set

| Weight(kgs) | Weight(lbs) | 25 | 20 | 15 | 10 | 5 | 2.5 | 1.25 | Weight(kgs) | Weight(lbs) | 25 | 20 | 15 | 10 | 5 | 2.5 | 1.25 |
|-------------|-------------|----|----|----|----|---|-----|------|-------------|-------------|----|----|----|----|---|-----|------|
| 25          | 55.1        |    |    |    |    |   |     |      | 150         | 330.7       | 2  |    |    | 1  |   | 1   |      |
| 27.5        | 60.6        |    |    |    |    |   |     | 1    | 152.5       | 336.2       | 2  |    |    | 1  |   | 1   | 1    |
| 30          | 66.1        |    |    |    |    |   | 1   |      | 155         | 341.7       | 2  |    | 1  |    |   |     |      |
| 32.5        | 71.6        |    |    |    |    |   | 1   | 1    | 157.5       | 347.2       | 2  |    | 1  |    |   |     | 1    |
| 35          | 77.2        |    |    |    |    | 1 |     |      | 160         | 352.7       | 2  |    | 1  |    |   | 1   |      |
| 37.5        | 82.7        |    |    |    |    | 1 |     | 1    | 162.5       | 358.2       | 2  |    | 1  |    |   | 1   | 1    |
| 40          | 88.2        |    |    |    |    | 1 | 1   |      | 165         | 363.8       | 2  | 1  |    |    |   |     |      |
| 42.5        | 93.7        |    |    |    |    | 1 | 1   | 1    | 167.5       | 369.3       | 2  | 1  |    |    |   |     | 1    |
| 45          | 99.2        |    |    |    | 1  |   |     |      | 170         | 374.8       | 2  | 1  |    |    |   | 1   |      |
| 47.5        | 104.7       |    |    |    | 1  |   |     | 1    | 172.5       | 380.3       | 2  | 1  |    |    |   | 1   | 1    |
| 50          | 110.2       |    |    |    | 1  |   | 1   |      | 175         | 385.8       | 3  |    |    |    |   |     |      |
| 52.5        | 115.7       |    |    |    | 1  |   | 1   | 1    | 177.5       | 391.3       | 3  |    |    |    |   |     | 1    |
| 55          | 121.3       |    |    | 1  |    |   |     |      | 180         | 396.8       | 3  |    |    |    |   | 1   |      |
| 57.5        | 126.8       |    |    | 1  |    |   |     | 1    | 182.5       | 402.3       | 3  |    |    |    |   | 1   | 1    |
| 60          | 132.3       |    |    | 1  |    |   | 1   |      | 185         | 407.9       | 3  |    |    |    | 1 |     |      |
| 62.5        | 137.8       |    |    | 1  |    |   | 1   | 1    | 187.5       | 413.4       | 3  |    |    |    | 1 |     | 1    |
| 65          | 143.3       |    | 1  |    |    |   |     |      | 190         | 418.9       | 3  |    |    |    | 1 | 1   |      |
| 67.5        | 148.8       |    | 1  |    |    |   |     | 1    | 192.5       | 424.4       | 3  |    |    |    | 1 | 1   | 1    |
| 70          | 154.3       |    | 1  |    |    |   | 1   |      | 195         | 429.9       | 3  |    |    | 1  |   |     |      |
| 72.5        | 159.8       |    | 1  |    |    |   | 1   | 1    | 197.5       | 435.4       | 3  |    |    | 1  |   |     | 1    |
| 75          | 165.3       | 1  |    |    |    |   |     |      | 200         | 440.9       | 3  |    |    | 1  |   | 1   |      |
| 77.5        | 170.9       | 1  |    |    |    |   |     | 1    | 202.5       | 446.4       | 3  |    |    | 1  |   | 1   | 1    |
| 80          | 176.4       | 1  |    |    |    |   | 1   |      | 205         | 451.9       | 3  |    | 1  |    |   |     |      |
| 82.5        | 181.9       | 1  |    |    |    |   | 1   | 1    | 207.5       | 457.5       | 3  |    | 1  |    |   |     | 1    |
| 85          | 187.4       | 1  |    |    |    | 1 |     |      | 210         | 463.0       | 3  |    | 1  |    |   | 1   |      |
| 87.5        | 192.9       | 1  |    |    |    | 1 |     | 1    | 212.5       | 468.5       | 3  |    | 1  |    |   | 1   | 1    |
| 90          | 198.4       | 1  |    |    |    | 1 | 1   |      | 215         | 474.0       | 3  | 1  |    |    |   |     |      |
| 92.5        | 203.9       | 1  |    |    |    | 1 | 1   | 1    | 217.5       | 479.5       | 3  | 1  |    |    |   |     | 1    |
| 95          | 209.4       | 1  |    |    | 1  |   |     |      | 220         | 485.0       | 3  | 1  |    |    |   | 1   |      |
| 97.5        | 214.9       | 1  |    |    | 1  |   |     | 1    | 222.5       | 490.5       | 3  | 1  |    |    |   | 1   | 1    |
| 100         | 220.5       | 1  |    |    | 1  |   | 1   |      | 225         | 496.0       | 4  |    |    |    |   |     |      |
| 102.5       | 226.0       | 1  |    |    | 1  |   | 1   | 1    | 227.5       | 501.5       | 4  |    |    |    |   |     | 1    |
| 105         | 231.5       | 1  |    | 1  |    |   |     |      | 230         | 507.1       | 4  |    |    |    |   | 1   |      |
| 107.5       | 237.0       | 1  |    | 1  |    |   |     | 1    | 232.5       | 512.6       | 4  |    |    |    |   | 1   | 1    |
| 110         | 242.5       | 1  |    | 1  |    |   | 1   |      | 235         | 518.1       | 4  |    |    |    | 1 |     |      |
| 112.5       | 248.0       | 1  |    | 1  |    |   | 1   | 1    | 237.5       | 523.6       | 4  |    |    |    | 1 |     | 1    |

|       |       |   |   |  |  |  |  |   |       |       |   |   |   |   |   |   |   |
|-------|-------|---|---|--|--|--|--|---|-------|-------|---|---|---|---|---|---|---|
| 115   | 253.5 | 1 | 1 |  |  |  |  |   | 240   | 529.1 | 4 |   |   |   | 1 | 1 |   |
| 117.5 | 259.0 | 1 | 1 |  |  |  |  | 1 | 242.5 | 534.6 | 4 |   |   |   | 1 | 1 | 1 |
| 120   | 264.6 | 1 | 1 |  |  |  |  | 1 | 245   | 540.1 | 4 |   |   | 1 |   |   |   |
| 122.5 | 270.1 | 1 | 1 |  |  |  |  | 1 | 247.5 | 545.6 | 4 |   |   | 1 |   |   | 1 |
| 125   | 275.6 | 2 |   |  |  |  |  |   | 250   | 551.2 | 4 |   |   | 1 |   | 1 |   |
| 127.5 | 281.1 | 2 |   |  |  |  |  |   | 252.5 | 556.7 | 4 |   |   | 1 |   | 1 | 1 |
| 130   | 286.6 | 2 |   |  |  |  |  | 1 | 255   | 562.2 | 4 |   | 1 |   |   |   |   |
| 132.5 | 292.1 | 2 |   |  |  |  |  | 1 | 257.5 | 567.7 | 4 |   | 1 |   |   |   | 1 |
| 135   | 297.6 | 2 |   |  |  |  |  | 1 | 260   | 573.2 | 4 |   | 1 |   |   | 1 |   |
| 137.5 | 303.1 | 2 |   |  |  |  |  | 1 | 262.5 | 578.7 | 4 |   | 1 |   |   | 1 | 1 |
| 140   | 308.6 | 2 |   |  |  |  |  | 1 | 265   | 584.2 | 4 | 1 |   |   |   |   |   |
| 142.5 | 314.2 | 2 |   |  |  |  |  | 1 | 267.5 | 589.7 | 4 | 1 |   |   |   |   | 1 |
| 145   | 319.7 | 2 |   |  |  |  |  | 1 | 270   | 595.2 | 4 | 1 |   |   |   | 1 |   |
| 147.5 | 325.2 | 2 |   |  |  |  |  | 1 | 272.5 | 600.8 | 4 | 1 |   |   |   | 1 | 1 |

| Weight (kgs) | Weight (lbs) | 25 | 20 | 15 | 10 | 5 | 2.5 | 1.25 | Weight (kgs) | Weight (lbs) | 25 | 20 | 15 | 10 | 5 | 2.5 | 1.25 |
|--------------|--------------|----|----|----|----|---|-----|------|--------------|--------------|----|----|----|----|---|-----|------|
| 275          | 606.3        | 5  |    |    |    |   |     |      | 327.5        | 722.0        | 6  |    |    |    |   |     | 1    |
| 277.5        | 611.8        | 5  |    |    |    |   |     | 1    | 330          | 727.5        | 6  |    |    |    |   | 1   |      |
| 280          | 617.3        | 5  |    |    |    |   |     | 1    | 332.5        | 733.0        | 6  |    |    |    |   | 1   | 1    |
| 282.5        | 622.8        | 5  |    |    |    |   |     | 1    | 335          | 738.5        | 6  |    |    |    | 1 |     |      |
| 285          | 628.3        | 5  |    |    |    |   |     | 1    | 337.5        | 744.1        | 6  |    |    |    | 1 |     | 1    |
| 287.5        | 633.8        | 5  |    |    |    |   |     | 1    | 340          | 749.6        | 6  |    |    |    | 1 | 1   |      |
| 290          | 639.3        | 5  |    |    |    |   |     | 1    | 342.5        | 755.1        | 6  |    |    |    | 1 | 1   | 1    |
| 292.5        | 644.8        | 5  |    |    |    |   |     | 1    | 345          | 760.6        | 6  |    |    | 1  |   |     |      |
| 295          | 650.4        | 5  |    |    |    |   |     | 1    | 347.5        | 766.1        | 6  |    |    | 1  |   |     | 1    |
| 297.5        | 655.9        | 5  |    |    |    |   |     | 1    | 350          | 771.6        | 6  |    |    | 1  |   | 1   |      |
| 300          | 661.4        | 5  |    |    |    |   |     | 1    | 352.5        | 777.1        | 6  |    |    | 1  |   | 1   | 1    |
| 302.5        | 666.9        | 5  |    |    |    |   |     | 1    | 355          | 782.6        | 6  |    | 1  |    |   |     |      |
| 305          | 672.4        | 5  |    | 1  |    |   |     |      | 357.5        | 788.1        | 6  |    | 1  |    |   |     | 1    |
| 307.5        | 677.9        | 5  |    | 1  |    |   |     |      | 360          | 793.7        | 6  |    | 1  |    |   | 1   |      |
| 310          | 683.4        | 5  |    | 1  |    |   |     | 1    | 362.5        | 799.2        | 6  |    | 1  |    |   | 1   | 1    |
| 312.5        | 688.9        | 5  |    | 1  |    |   |     | 1    | 365          | 804.7        | 6  | 1  |    |    |   |     |      |
| 315          | 694.4        | 5  | 1  |    |    |   |     |      | 367.5        | 810.2        | 6  | 1  |    |    |   |     | 1    |
| 317.5        | 700.0        | 5  | 1  |    |    |   |     |      | 370          | 815.7        | 6  | 1  |    |    |   | 1   |      |
| 320          | 705.5        | 5  | 1  |    |    |   |     | 1    | 372.5        | 821.2        | 6  | 1  |    |    |   | 1   | 1    |
| 322.5        | 711.0        | 5  | 1  |    |    |   |     | 1    | 375          | 826.7        | 6  | 1  |    |    |   | 1   |      |
| 325          | 716.5        | 6  |    |    |    |   |     |      | 377.5        | 832.2        | 6  | 1  |    |    |   | 1   | 1    |



## *Schwartz/Malone Formula in Pounds*

The Schwartz Formula is for men and Malone Formula is for Women. This version is with bodyweight conducted in pounds. To determine the "Best Lifter" multiply each lifter's coefficient (to the right of bodyweight listed) by his or her total. The resulting factor is his Schwartz or her Malone formula total (SFT/MFT). The lifter with the highest SFT/MFT is the Champion of Champions.

| BW<br>T | SCHWA<br>RTZ | MALO<br>NE | BW<br>T | SCHWA<br>RTZ | MALO<br>NE | BW<br>T | SCHWA<br>RTZ | MALO<br>NE | BW<br>T | SCHWA<br>RTZ | MALO<br>NE |
|---------|--------------|------------|---------|--------------|------------|---------|--------------|------------|---------|--------------|------------|
| 90      | 1.2803       | 1.1756     | 123     | .8783        | .9110      | 156     | .6967        | .7520      | 189     | .6036        | .6543      |
| 91      | 1.2627       | 1.1645     | 124     | .8706        | .9086      | 157     | .6930        | .7520      | 190     | .6014        | .6521      |
| 92      | 1.2455       | 1.1557     | 125     | .8630        | .9019      | 158     | .6893        | .7453      | 191     | .5994        | .6492      |
| 93      | 1.2287       | 1.1450     | 126     | .8556        | .8980      | 159     | .6857        | .7431      | 192     | .5878        | .6464      |
| 94      | 1.2124       | 1.1365     | 127     | .8483        | .8902      | 160     | .6822        | .7387      | 193     | .5954        | .6442      |
| 95      | 1.1965       | 1.1261     | 128     | .8412        | .8851      | 161     | .6787        | .7358      | 194     | .5935        | .6415      |
| 96      | 1.1809       | 1.1180     | 129     | .8343        | .8788      | 162     | .6753        | .7322      | 195     | .5916        | .6387      |
| 97      | 1.1657       | 1.1079     | 130     | .8276        | .8738      | 163     | .6720        | .7293      | 196     | .5897        | .6366      |
| 98      | 1.1509       | 1.0980     | 131     | .8210        | .8676      | 164     | .6688        | .7258      | 197     | .5879        | .6339      |
| 99      | 1.1365       | 1.0903     | 132     | .8146        | .8628      | 165     | .6656        | .7230      | 198     | .5861        | .6317      |
| 100     | 1.1223       | 1.0807     | 133     | .8083        | .8568      | 166     | .6624        | .7196      | 199     | .5843        | .6300      |
| 101     | 1.1086       | 1.0732     | 134     | .8022        | .8508      | 167     | .6593        | .7168      | 200     | .5826        | .6286      |
| 102     | 1.0952       | 1.0657     | 135     | .7961        | .8462      | 168     | .6563        | .7134      | 201     | .5809        | .6269      |
| 103     | 1.0821       | 1.0566     | 136     | .7903        | .8410      | 169     | .6533        | .7107      | 202     | .5792        | .6256      |
| 104     | 1.0693       | 1.0494     | 137     | .7846        | .8358      | 170     | .6504        | .7074      | 203     | .5776        | .6239      |
| 105     | 1.0569       | 1.0405     | 138     | .7790        | .8302      | 171     | .6475        | .7040      | 204     | .5760        | .6226      |
| 106     | 1.0448       | 1.0336     | 139     | .7735        | .8257      | 172     | .6447        | .7014      | 205     | .5744        | .6209      |
| 107     | 1.0329       | 1.0250     | 140     | .7682        | .8202      | 173     | .6420        | .6981      | 206     | .5729        | .6196      |
| 108     | 1.0214       | 1.0165     | 141     | .7630        | .8159      | 174     | .6392        | .6956      | 207     | .5714        | .6180      |
| 109     | 1.0101       | 1.0098     | 142     | .7579        | .8105      | 175     | .6365        | .6923      | 208     | .5700        | .6167      |
| 110     | .9991        | 1.0016     | 143     | .7528        | .8052      | 176     | .6339        | .6898      | 209     | .5685        | .6151      |
| 111     | .9884        | .9952      | 144     | .7479        | .8010      | 177     | .6313        | .6866      | 210     | .5670        | .6134      |
| 112     | .9779        | .9872      | 145     | .7432        | .7959      | 178     | .6288        | .6811      | 211     | .5657        | .6122      |
| 113     | .9677        | .9809      | 146     | .7385        | .7918      | 179     | .6262        | .6810      | 212     | .5643        | .6109      |
| 114     | .9578        | .9731      | 147     | .7339        | .7867      | 180     | .6238        | .6786      | 213     | .5630        | .6093      |
| 115     | .9481        | .9670      | 148     | .7294        | .7827      | 181     | .6214        | .6755      | 214     | .5617        | .6077      |
| 116     | .9385        | .9595      | 149     | .7250        | .7769      | 182     | .6190        | .6731      | 215     | .5604        | .6064      |
| 117     | .9293        | .9536      | 150     | .7207        | .7737      | 183     | .6167        | .6701      | 216     | .5592        | .6049      |
| 118     | .9203        | .9462      | 151     | .7165        | .7697      | 184     | .6144        | .6671      | 217     | .5580        | .6036      |
| 119     | .9115        | .9390      | 152     | .7124        | .7666      | 185     | .6121        | .6618      | 218     | .5568        | .6021      |
| 120     | .9029        | .9333      | 153     | .7083        | .7627      | 186     | .6099        | .6604      | 219     | .5556        | .6008      |
| 121     | .8946        | .9263      | 154     | .7044        | .7596      | 187     | .6077        | .6595      | 220     | .5545        | .5993      |
| 122     | .8863        | .9208      | 155     | .7004        | .7565      | 188     | .6056        | .6566      | 221     | .5535        | .5981      |

### *Schwartz/Malone Formula continued*

| BW<br>T | SCHWAR<br>TZ | MALO<br>NE | BW<br>T | SCHWAR<br>TZ | BW<br>T | SCHWAR<br>TZ | BW<br>T | SCHWAR<br>TZ | BW<br>T | SCHWAR<br>TZ |
|---------|--------------|------------|---------|--------------|---------|--------------|---------|--------------|---------|--------------|
| 222     | .5524        | .5965      | 253     | .5316        | 284     | .5164        | 315     | 5002         | 346     | .4862        |
| 223     | .5514        | .5953      | 254     | .5312        | 285     | .5158        | 316     | 4998         | 347     | .4858        |
| 224     | .5504        | .5938      | 255     | .5308        | 286     | .5154        | 317     | .4992        | 348     | .4854        |
| 225     | .5994        | .5926      | 256     | .5304        | 287     | .5147        | 318     | .4988        | 349     | 4850         |
| 226     | .5485        | .5911      | 257     | .5300        | 288     | .5142        | 319     | .4982        | 350     | .4845        |
| 227     | .5476        | .5896      | 258     | .5296        | 289     | .5137        | 320     | .4978        | 351     | .4841        |

|     |       |                |     |       |     |       |     |       |     |       |
|-----|-------|----------------|-----|-------|-----|-------|-----|-------|-----|-------|
| 228 | .5467 | .5884          | 259 | .5292 | 290 | .5132 | 321 | .4973 | 352 | .4837 |
| 229 | .5458 | .5869          | 260 | .5289 | 291 | .5126 | 322 | .4968 | 353 | .4833 |
| 230 | .5449 | .5858          | 261 | .5284 | 292 | .5121 | 323 | .4964 | 354 | .4829 |
| 231 | .5441 | .5843          | 262 | .5281 | 293 | .5115 | 324 | .4959 | 355 | .4825 |
| 232 | .5433 | .5831          | 263 | .5276 | 294 | .5109 | 325 | .4955 | 356 | .4821 |
| 233 | .5426 | .5817          | 264 | .5273 | 295 | .5104 | 326 | .4950 | 357 | .4817 |
| 234 | .5418 | .5805          | 265 | .5268 | 296 | .5098 | 327 | .4946 | 358 | .4813 |
| 235 | .5411 | .5791          | 266 | .5263 | 297 | .5094 | 328 | .4941 | 359 | .4809 |
| 236 | .5405 | .5779          | 267 | .5259 | 298 | .5088 | 329 | .4937 | 360 | .4805 |
| 237 | .5398 | .5765          | 268 | .5254 | 299 | .5083 | 330 | .4932 | 361 | .4801 |
| 238 | .5391 | .5754          | 269 | .5248 | 300 | .5077 | 331 | .4928 | 362 | .4796 |
| 239 | .5385 | .5740          | 270 | .5243 | 301 | .5072 | 332 | .4924 | .   | .     |
| 240 | .5379 | .5725          | 271 | .5239 | 302 | .5067 | 333 | .4919 | .   | .     |
| 241 | .5373 | .5714          | 272 | .5232 | 303 | .5062 | 334 | .4913 | .   | .     |
| 242 | .5367 | .5700          | 273 | .5227 | 304 | .5057 | 335 | .4909 | .   | .     |
| 243 | .5362 | .5693          | 274 | .5220 | 305 | .5053 | 336 | .4905 | .   | .     |
| 244 | .5357 | .5686          | 275 | .5214 | 306 | .5047 | 337 | .4901 | .   | .     |
| 245 | .5352 | .5681          | 276 | .5208 | 307 | .5043 | 338 | .4896 | .   | .     |
| 246 | .5347 | .5671          | 277 | .5203 | 308 | .5037 | 339 | .4891 | .   | .     |
| 247 | .5342 | .5669          | 278 | .5197 | 309 | .5032 | 340 | .4887 | .   | .     |
| 248 | .5337 | .5662          | 279 | .5192 | 310 | .5027 | 341 | .4883 | .   | .     |
| 249 | .5333 | .5556          | 280 | .5186 | 311 | .5022 | 342 | .4878 | .   | .     |
| 250 | .5328 | .5649          | 281 | .5180 | 312 | .5017 | 343 | .4874 | .   | .     |
| 251 | .5325 | malone<br>ends | 282 | .5175 | 313 | .5013 | 344 | .4870 | .   | .     |
| 252 | .5320 | N/A            | 283 | .5169 | 314 | .5007 | 345 | .4866 | .   | .     |

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