

International Powerlifting Association's Referee Examination

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone (day): _____ (evening): _____

To take this examination, one must be a member of the IPA. A test score of 90% or above is required to receive a referee's card and to be considered a qualified judge at any IPA competition. Please return the completed examination to:

Mark Chaillet
IPA President
190 Arsenal Rd.
York, PA 17404

Work: (717) 495-0024

Score: _____

EXAMINATION INSTRUCTIONS: READ CAREFULLY!

Part I: (True/False) If any part of the statement is false, the entire statement is false.

Part II: (Multiple Choice) In the selection of answers provided, one or more than one or none may be correct.

Part III: (Completion) In this section, answer the questions with your best judgement, and in accordance with IPA rules.

PART I: TRUE/FALSE

1. T F Lifters must give all first attempts at weigh-ins.
2. T F The three lifts in order are the squat, bench press, and the deadlift.
3. T F All the lifts have both starting and finishing signals.
4. T F Wraps may only be worn on the knees.
5. T F A lifter's belt is limited to leather only.
6. T F A lifter's coach may coach from the platform during the lift.
7. T F Lifters progress through a flight from the lowest to the highest attempt.
8. T F A lifter may not take an attempt over if there is a loading error.
9. T F A lifter can change an attempt at any time.
10. T F In all cases, lifters who are tied in totals must share placings.
11. T F In the squat, the lifter may be assisted back to the start position.
12. T F A lifter may wear a tee shirt and shorts at a Special Olympic, High School or Prison meet only.
13. T F The lifter may rack the weight at any time during any of the lifts.
14. T F The use of collars on the bar is at the discretion of the meet director.
15. T F Neoprene elbow wraps may be worn during the bench press.
16. T F The lifter, his own spotter, three referees, and the spotters/loaders are the only people allowed on the platform during the lift.
17. T F Male or female lifters may be weighed in by either a male or female official, but the weigh-in must be conducted in private.
18. T F A lifter must wear shoes.

19. T F The depth of a squat is legal if the top of the thigh at the hip is lower than the top of the knee cap.
20. T F In the squat, if the lifter loses his/her footing and drops the weight after making a bona fide effort to return the bar to the racks after the center referee gives the rack signal, he/she will not be granted the attempt.
21. T F If a lifter fails to initiate his/her attempt within one (1) minute from the time the bar is announced "loaded" the attempt may be forfeited.
22. T F If for any reason a lifter must follow him/herself, the lifter is granted a stated period of no more than three (3) minutes.
23. T F The one piece lifting suit leg should not exceed six (6) inches from the middle of the crotch to the knee.
24. T F A maximum of two (2) unsewn layers are allowed for squat suits and bench shirts.
25. T F Knee wraps shall not exceed 3.6 feet in length and 4 inches in width.
26. T F Water may not be used as a lubricant in the deadlift.
27. T F During the squat, the lifter may hold the plates or collars.
28. T F A lift must be turned down if the lifter is found to be in improper attire.
29. T F A lifter may wear extra clothes if he/she wishes to move up a weight class.
30. T F The normal size of a flight is at the meet director's discretion.
31. T F A lifter who fails in all three attempts will be eliminated from the competition and will lose any record set in the competition.
32. T F After the down command in the deadlift, the lifter may drop the bar to the platform.
33. T F The use of baby powder is allowed during the deadlift and can be worn anywhere the lifter wishes, except on the hands.
34. T F If the lifter is entered in the Amateur Division, the meet director can randomly select lifters for drug testing.
35. T F A lifter may only receive two (2) warnings for the use of profanity on the platform.
36. T F During the squat, upon removing the bar from the racks, the lifter may move backward or forward to establish a start position.
37. T F During the bench press, the spacing between the forefingers shall not exceed 81 cm.
38. T F During the squat, as many as six (6) spotters may be used to assure the lifter's safety.
39. T F In the deadlift, the lifter shall wait for the referee's signal to start the lift.

40. T F Spray stick-um is the only substance allowed to be applied to the bar or platform.

PART II: MULTIPLE CHOICE:

1. Which of the following are considered “legal” to use in the deadlift?

- Water
- Talc
- Oil
- Magnesium Carbonate

2. Standard apparel may include:

- Wrist wraps
- Knee wraps
- T-Shirt
- Belt
- Neoprene elbow wraps

3. Which of the following is considered a disqualification in the squat?

- Being assisted out of the racks back to the start position.
- When coming up with the lift, walking a step or two then regaining control, before the rack signal.
- Deliberately dumping the bar.

4. Which of the following are not considered disqualifications in the bench press?

- Raising the lifter’s head.
- Raising the buttocks off of the bench.
- Touching the knees against the bench.
- Touching the uprights with the feet.
- Excessive bouncing or heaving the bar off of the chest.

5. Which of the following are considered disqualifications in the deadlift?

- Stopping the bar before it reaches the final position.
- Use of baby powder on the thighs.
- Allowing the bar to return to the platform without maintaining control with both hands.

