



Technical Rules Book
ABS Powerlifting Series
2025

To be used at all competitions sanctioned by the ABS Powerlifting Series Organisers



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1 General Rules

1. The ABS Series recognizes the following lifts which must be taken in the same sequence in all competitions conducted under ABS Series rules:
 - a) Squat
 - b) Bench Press
 - c) Deadlift
2. The highest weight successfully lifted during attempts made on the above three lifts by an individual lifter is then added together to represent the lifter's total.
3. Competition takes place between lifters in categories defined by sex and division. Competitors must be aged 14 or older unless explicit guardian's permission is given.

1.1 Divisions

All ABS Series divisions are scored on DOTS formula with exceptions to the ABS PRO, Clash of Titans and Reach Rumble.

1.1.1 Male Divisions

- Division 2: 0.00 – 399.99 DOTS
- Division 1: 400.00 – 459.99 DOTS
- PRO – AM: 460.00 – Unlimited
- PRO: 520.00 – Unlimited WILKS (INVITE ONLY)
- Clash of Titans: 950kg – Unlimited (INVITE ONLY)
- Reach Rumble: 1,000kg – Unlimited (INVITE ONLY)

1.1.2 Female Divisions

- Division 2: 0.00 – 339.99 DOTS
- Division 1: 340.00 – 399.99 DOTS
- PRO – AM: 400.00 – Unlimited



1 GENERAL RULES

- PRO: 500.00 – Unlimited WILKS (INVITE ONLY)

1.1.3 Demotion

In the event a lifter gains promotion to a new division, they must stay above the required formula/total for that division. If the lifter fails to meet or exceed the requirements for their new division in two competitions after promotion, they will be demoted to the lower division.

1.1.4 Age Divisions

- ABS TEENS: 14 years – 19 years on day of competing
 - ABS U21: 14 years – 21 years on day of competing
 - ABS U23: 14 years – 23 years on day of competing
4. Scores for Pro status can only be achieved at ABS Series events or international events recognised by the ABS Series.
 5. For Division 2, Division 1, TEENS, U21, U23 and ABS PRO – AM awards will be given to the top 3 male and top 3 female competitors based off the DOTS formula.
 6. For ABS PRO awards will be given to top 3 male and female competitors based off the Wilks formula.
 7. For Clash of Titans and Reach Rumble awards will be given to top 3 male competitors based off Total.
 8. Each competitor is allowed three attempts on each lift. The lifter's best valid attempt on each lift counts toward their competition total. If two or more lifters achieve the same total, the lighter lifter ranks above the heavier lifter.
 9. If two lifters register the same bodyweight at the weigh in and eventually achieve the same total/score at the end of the competition, the lifter making the total/score first will take precedence over the other lifter.



1 GENERAL RULES

10. Should a lifter fail to succeed in either or both squat or bench press disciplines he/she may continue to compete for the remainder of the contest.



2 Equipment and Specifications

Equipment to be used, such as Barbells, will be announced by the ABS Series organisers a minimum of 12 weeks before the competition.

2.1 Platform Equipment

The following equipment used for the ABS Series divisions are:

- Division 2: Squat – Power Bar 20kg
Bench Press – Power Bar 20kg
Deadlift – Deadlift Bar 20kg
- Division 1: Squat – Power Bar 20kg
Bench Press – Power Bar 20kg
Deadlift – Deadlift Bar 20kg

All Division 1 and 2 Squats must be walked out.

- PRO – AM FEMALE: Squat – Power Bar 20kg
Bench Press – Power Bar 20kg
Deadlift – Deadlift Bar 20kg
- PRO – AM MALE: Squat – Squat Bar 25kg
Bench Press – Power Bar 20kg
Deadlift – Deadlift Bar 20kg

PRO – AM Divisions may use Monolift or walk out for squats.

- CLASH OF TITANS: Squat – Squat Bar 25kg
Bench Press – Power Bar 20kg
Deadlift – Deadlift Bar 20kg

Clash of Titans may use Monolift or walk out for squats.



2 EQUIPMENT AND SPECIFICATIONS

- REACH RUMBLE: Squat – Power Bar 20kg
Bench Press – Power Bar 20kg
Deadlift – Power Bar 20kg

All Squats at the Reach Rumble must be walked out.

- ABS PRO: Squat – Power Bar 20kg
Bench Press – Power Bar 20kg
Deadlift – Power Bar 20kg

All Divisions squats at the ABS PRO competition must be walked out.

2.2 Collars

- (a) Collars shall always be used
- (b) Must weigh 2.5kg each

2.3 Lights

1. A system of lights shall be provided whereby the referees make known their decisions. Each referee will control a white and a red light. These two colours represent a “good lift” and “no lift” respectively. The lights shall be arranged horizontally to correspond with the positions of the three referees.
2. They must be wired in such a way that they light up together and not separately when activated by the three referees.

2.4 Failure Cards/Paddles

After the lights have been activated and appeared, the referee(s) will activate a light system to make known the reason/s why the lift has failed.

2.4.1 Referees numbered card system – reason for failure

Colour of the cards:

- (i) Failure no. 1 = red card
- (ii) Failure no. 2 = blue card
- (iii) Failure no. 3 = yellow card

SQUAT	BENCH PRESS	DEADLIFT
<p>1. <u>Red</u> 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.</p>	<p>1. <u>Red</u> Bar is not lowered to chest or abdominal area i.e., not reaching the chest or abdominal area, or is touching the belt.</p>	<p>1. <u>Red</u> Failure to lock the knees straight at the completion of the lift. Failure to stand erect with the shoulders back.</p>
<p>2. <u>Blue</u> Failure to assume an upright position with the knees locked at the commencement and at the completion of the lift. Double bouncing or more than one recovery attempt at the bottom of the lift or any downward movement during the ascent.</p>	<p>2. <u>Blue</u> Any downward movement of the whole of the bar in the course of being pressed out. Failure to press the bar to straight arm's length elbows locked at the completion of the lift.</p>	<p>2. <u>Blue</u> Any downward movement of the bar before it reaches the final position. If the bar settles as the shoulders come back this should not be reason to disqualify the lift. Supporting the bar on the thighs during the performance of the lift. If the bar edges up the thighs but is not supported, this is not reason for disqualification.</p>
<p>3. <u>Yellow</u> Stepping backward or forward or moving the feet laterally. Rocking the feet between the ball and heel is permitted. Failure to observe the Chief Referees signals at the commencement or completion of the lift. Contact with bar or lifter by the spotters/loaders between the Chief referees' signals, to make the lift easier. Contact of elbows or upper arms with the legs, which has supported and been of aid to the lifter. Slight contact that is of no aid may be ignored. Any dropping or dumping of the bar after completion of the lift.</p>	<p>3. <u>Yellow</u> Heaving or sinking the bar after it has been motionless on the chest or abdominal area, in such a way as to aid the lifter. Failure to observe the Chief Referees signals at the commencement, during or completion of the lift. Any change in the elected lifting position during the lift proper, i.e., any raising movement of the head, shoulders, or buttocks from their original points of contact with the bench, or lateral movement of the hands on the bar. Contact with the bar or the lifter by the spotters/ loaders between the Chief Referees signals, to make the lift easier.</p>	<p>3. <u>Yellow</u> Lowering the bar before receiving the Chief Referees signal. 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. Stepping backward or forward or moving the feet laterally. Rocking the feet between the ball and heel is permitted. Foot movement after the command "Down" will not be cause for failure. Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualification. Incomplete lift.</p>

<p>Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualification.</p> <p>Incomplete lift.</p>	<p>Any contact of the lifter's feet with the bench or its supports.</p> <p>Deliberate contact between the bar and the bar rest supports during the lift to make the lift easier.</p> <p>Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualification.</p> <p>Incomplete lift.</p>	
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3 Personal Equipment

1. No multi-ply variations allowed.
2. All personal equipment must meet IPF specifications.
3. The singlet straps must be worn over the lifter's shoulders during all lifts.
4. The only piece of personal equipment a lifter may adjust on the platform is the belt. Wrist wraps, socks, sleeves, knee wraps etc. must be adjusted before entering the platform area.
5. T – shirt must be worn by all lifters during the squat and bench press events, optional for the deadlift event.
6. Knee wraps not exceeding 2.5 m in length and 8 cm in width may be worn. A knee wrap shall not extend beyond 15 cm above and 15 cm below the centre of the knee joint and shall not exceed a total covering width of 30 cm. IPF specification knee sleeves are allowed. A combination of the two is forbidden. Wraps shall not be in contact with socks or singlet.
7. Knee sleeves shall be of a maximum thickness of 7 mm and a maximum length of 30 cm. When worn by the lifter in competition, knee sleeves must not be in contact with the lifter's singlet or socks and must be centred over the knee joint.
 - REACH RUMBLE DIVISION MUST WEAR KNEE SLEEVES
8. Wrist wraps shall not exceed 1 m in length and 8 cm in width. Any sleeves and Velcro patches/tabs for securing must be incorporated within the one-meter length. A loop may be attached as an aid to securing. The loop shall not be over the thumb or fingers during the actual lift.
9. Standard commercial sweat bands may be worn, not exceeding 12 cm in width. A combination of wrist wraps and sweat bands is not allowed.
10. A wrist covering shall not extend beyond 10 cm above and 2 cm below the centre of the wrist joint and shall not exceed a covering width of 12 cm.
11. Female lifters may wear a Hijab (head scarf) while lifting.



3 PERSONAL EQUIPMENT

12. In Bench Press the Referees may require the lifter to affix their hair accordingly to the performance of the Bench Press.
13. Two layers of medical tape may be worn around the thumbs. Medical tape or it's like may not be worn anywhere else on the body without official permission of the Chief Referee. Medical tape may not be used as aids to the lifter in holding the bar. Contingent upon prior approval by the Official Doctor or Chief Referee, medical tape may be applied to bodily injuries in a fashion that would not grant the lifter an undue advantage.
14. The use of oil, grease or other lubricants on the body, or personal equipment is forbidden. Baby powder, resin, talc, or magnesium carbonates are the only substances that may be added to the body and attire, but not to the wraps.
15. The use of any form of adhesive on the underside of footwear is forbidden. This applies to any built-in adhesive, e.g. glass paper, emery cloth, etc. And to include resin and magnesium carbonate. A spray of water is acceptable.
16. No foreign substances may be applied to the powerlifting equipment. This considers all substances other than that which may be used periodically as a sterile agent in the cleaning of the bar, bench, or platform.
17. The inspection of personal equipment for each lifter in the competition may take place at any time throughout the meet prior to within twenty minutes of the start for their category.
18. Wraps over permitted length shall be rejected but may be cut to the correct length and resubmitted.
19. Any item considered unclean or torn shall be rejected.
20. If after the inspection a lifter appears on the platform wearing or using any illegal item, other than that which may have inadvertently been passed by the referees, the lifter shall immediately be disqualified from the competition.
21. Hats are forbidden to be worn on the platform during lifting, items such as watches, costume jewellery, mouthpieces, eye wear and feminine hygiene articles need not be inspected.
22. Elbow sleeves may be worn in the squat and deadlift but are forbidden during the bench press.

4 Powerlifts and Rules of Performance

4.1 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, the grip known as “Talon Grip” is allowed. 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 (slight deviation is allowable) with knees locked the Chief 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 Chief Referee will then convey the reason the signal was not given.
3. Upon receiving the Chief 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.
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 Chief 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 return the bar to the racks. Foot movement after the rack signal will not be cause for failure. 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.

6. Not more than five and not less than two spotter/loaders shall be on the platform at any time. The Referees may decide to the number of spotter/loaders required on the platform at any time 2, 3, 4, or 5.

4.1.1 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 or moving the feet laterally between the commencement and completion signals. 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.
6. Contact with the bar or the lifter by the spotter/loaders between the Chief Referee's signals to make the lift easier.
7. Contact of the elbows or upper arms with the legs. Slight contact is permitted if there is no supporting that might aid the lifter.
8. Any dropping or dumping of the bar after completion of the lift.
9. Failure to comply with any of the items outlined under Rules of Performance for the squat.

4.2 Bench Press

1. The bench shall be placed on the platform with the head facing the front or angled up to 45 degrees.
2. The lifter must lie on their back with shoulders, head, and buttocks in contact with the bench surface. His hands and fingers must grip the bar positioned in the rack stands with a thumbs around grip. This position shall be maintained throughout the lift. The hair must not hide the back of the head when lying down on the bench. The Referees may require the lifter to affix his/her hair accordingly.
3. Foot movement is permissible. The feet may be positioned in a “heels raised” position, or a “heels down”/flat position. They may slide forwards or backwards but must always stay in contact with the platform.
4. To achieve firm footing the lifter may use flat surfaced plates or blocks not exceeding 30 cm in total height and a minimum dimension of 60 cm x 40 cm, to build up the surface of the platform.
5. Not more than five and not less than two spotter/loaders shall be on the platform at any time. After correctly positioning himself, the lifter may enlist the help of the spotter/loaders in removing the bar from the racks. The lift off if assisted by the spotter/loaders must be at arms’ length.
6. 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). The use of the reverse grip is forbidden. The grip known as “suicide grip” where the thumb is not around the bar is forbidden with exception to the following divisions;
 - ABS PRO
 - Clash of Titans
 - Reach Rumble
7. After removing the bar from the racks, with or without the help of the spotter / loaders, the lifter shall wait with straight arms elbows locked for the Chief Referee’s signal. The signal shall be given as soon as the lifter is motionless and

the bar properly positioned. 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 Chief Referee will then convey the reason the signal was not given.

8. The signal to begin the attempt shall consist of a downward movement of the arm together with the audible command “Start.”
9. After receiving the signal, the lifter must lower the bar to the chest or abdominal area (the bar shall not touch the belt), hold it motionless, after which the Chief referee will signal the audible command “Press.” The lifter must then return the bar to straight arms’ length elbows locked. When held motionless in this position the audible command “Rack” shall be given together with a backward motion of the arm. If the bar is lowered to the belt or does not touch the chest or abdominal area, the Chief Referees command is “Rack.”

4.2.1 Causes for disqualification of a Bench Press:

1. Failure to observe the Chief Referee’s signals at the commencement, 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 lateral movement of hands on the bar.
3. Heaving, or sinking the bar into the chest or abdominal area after it is motionless in such a way as to make the lift easier.
4. Any downward movement of the whole of the bar in the course of being pressed out.
5. Bar is not lowered to chest or abdominal area i.e. not reaching the chest or abdominal area, or the bar is touching the belt.
6. Failure to press the bar to straight arms’ length with elbows locked at the completion of the lift.
7. Contact with the bar or the lifter by the spotter/loaders between the Chief Referee’s signals, to make the lift easier.
8. Any contact of the lifter’s feet with the bench or its supports.



4 POWERLIFTS AND RULES OF PERFORMANCE

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.

4.3 Deadlift

1. The lifter shall face the front of the platform with the bar laid horizontally in front of the lifter's 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 Chief 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.

4.3.1 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 or moving the feet laterally. Rocking the feet between the ball and heel is permitted. Foot movement after the command "Down" will not be cause for failure.
6. Lowering the bar before receiving the Chief Referee's signal.
7. Allowing the bar to return to the platform without maintaining control



4 POWERLIFTS AND RULES OF PERFORMANCE

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.

5 Weighing In

1. Weighing in of the competitors must take place no earlier than twenty-four hours before the start of the competition for a particular category/categories. All lifters in the category/categories must attend the weigh in, which will be conducted in the presence of two / three appointed referees. Categories may be combined in a single lifting session.
2. If not already done, lot numbers will be drawn to establish the order of weigh in. The lot numbers drawn also establish the order of lifting throughout the competition when lifters require the same weights for their attempts.
3. Specific weigh-in times will be announced to all participants in advance of the event.
4. The weigh in for each competitor will be conducted in a room with the door closed, with only the competitor, his coach or manager and the two/three referees present. For reasons of hygiene the lifter should wear socks / paper towel on the scale's platform. Lifters need to identify himself/herself with an ID/Passport.
5. Lifters may be weighed nude or in underwear which complies with the specifications set out in the appropriate section of the rule book and which does not effectively change the lifter's weight. If a question exists regarding weight of undergarments, a re-weigh in the nude may be requested. "In competitions in which both sexes are competitors, the weigh in procedure may be altered to ensure that officials of their own sex weigh lifters of the same sex. Additional officials (not necessarily referees) may be appointed for this purpose.
6. Lifters under the age of 18 must have a parent/guardian present for weigh ins.
7. Each lifter may only be weighed once. The lifter's agreed bodyweight must not be made public until all lifters competing in the category/categories have been weighed in.
8. A lifter may only weigh in the division in which he was nominated 21 days prior to the meet date. In the case where groups are formed in a particular division



5 WEIGHING IN

the B and C groups may lift at a separate and earlier time to the A group. Where groups lift at separate times in this way the A group must have a minimum of 8 (eight) and a maximum of 15 (fifteen) lifters.

9. Lifters should check squat and bench press rack heights and foot blocks prior to the start of the competition. The rack height sheet must be signed or initialled after the check by the lifter or coach. It is in their interest.
10. Flights are subject to change up to 1 week before the lifting begins for a particular session. Individual flights are subject to change up to 24 hours before the lifting begins for a particular session. (i.e. Divisions may be split accordingly up to 24 hours prior to lifting).



6 Order of Competition

6.1 The Round System

1. At the weigh in, the lifter or his coach must declare a starting weight for all three lifts. 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 communicated to the top table operator 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 their coach.
2. Where 10 or more lifters are competing in a session, groups may be formed consisting of approximately equal numbers of lifters. However, groups must be formed when 16 or more lifters are competing in the same session. A session can be composed of a single category or any combination of 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 group consists of less than 6 lifters, compensatory time allowances shall be added at the end of each round as follows: 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 groups are involved, unloading of the bar will take place at the end of the compensatory time, reloaded, then the one minute to begin 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 as described in item 9, and then only at the end of a round.



6 ORDER OF COMPETITION

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 lowest lot number drawn at the 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 and the lifter having been called to the bar by the speaker.

Example:

Lifter A with lot number 5 puts in 250.0 kg.

Lifter B with lot number 2 puts in 252.5 kg.

Lifter A fails with 250.0 kg. Can Lifter B drop the weight to 250.0 kg to win?

No, the order of lifting is still determined by the lot number.

7. If unsuccessful with an attempt, 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



6 ORDER OF COMPETITION

will be given the usual one minute to begin the attempt. In the third round of deadlifting and single bench press, if a lifter of any reason gets a new extra attempt, (wrongly loaded bar, spotter error or equipment failure) the lifter will be granted a further attempt at the correct weight, the lifter must be following him/herself.

9. 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. If he is in the first group, this change may take place at any time up to within three minutes before the start of the first round of that lift. The following groups are accorded a similar privilege up to within three attempts from the end of the previous group's last round of that lift. The speaker shall announce prior notice of these deadlines. 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 such 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 lights are activated. If no weight is submitted within the one-minute time allowance, the lifter will be granted a 2.5 kg increase on his 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. 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.
12. In the third round of the deadlift, two changes are permitted. The change of the weight may be higher or lower than the lifters 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 speaker.

13. If a lifting session consists of a single group, i.e. up to a maximum of 15 lifters, an interval of 20 minutes shall be allowed between the disciplines. This is to ensure adequate time for warm up and platform organization.
14. When two or more groups take part in a session upon a single platform, lifting will be organized on a group repetition basis. After the end of each discipline consisting of more than one group (squat, bench press) a time interval of 10 minutes shall be given between the disciplines. This is to ensure adequate time for warm up and platform organization.
15. For example, if there are two groups taking part in a session, the first group will complete all three rounds of the squat. They will be followed immediately by the second group who will complete their three rounds of squat. The platform will then be set up for the bench press and the first group will complete their three rounds of the bench press, immediately followed by the second group who will similarly complete their three rounds of the bench press. The platform will then be set up for the deadlift and the first group will complete their three rounds of the deadlift, immediately followed by the second group who will similarly complete their three rounds of the deadlift. This system thus eliminates any time waste other than that necessary for arranging the platform between the lifts.

6.2 Miscellaneous rules (loading errors, misconduct, appeals etc.)

1. During any competition taking place on a platform or stage, only the lifter and his coach, officiating referees and spotter/loaders will be allowed around the platform or on the stage. During the execution of the lift, only the lifter, spotter/loaders and the referees are permitted to be present on the platform. Coaches shall remain within the designated coaching area as defined by the ABS Series organisers.
2. The weight of the barbell must always be a multiple of 2.5 kg.
3. The Chief Referee will be solely responsible for decisions taken in the case of loading errors or incorrect announcements by the speaker. His decisions will be given to the speaker who will make the appropriate announcement. Examples of errors in loading:

- (a) If the bar is loaded to a lighter weight than originally requested and the attempt is successful, the lifter may accept the successful attempt or elect to take the attempt again at the originally requested weight. If the attempt is not successful, the lifter will be granted a further attempt at the originally requested weight. In both the above cases, further attempts may only be taken at the end of the round in which the error occurred.
- (b) If the bar is loaded to a heavier weight than originally requested and the attempt is successful, the lifter will be granted the attempt. However, the weight may be reduced again if required for other lifters. If the attempt is not successful, the lifter will be granted a further attempt at the end of the round in which the error occurred.
- (c) If the loading is not the same on each end of the bar; or any change occurs to the bar or discs during the execution of the lift; or the platform is disarranged, if despite these factors, the lift is successful, the lifter may accept the attempt or elect to take the attempt again. If the successful attempt is not a multiple of 2.5 kg, then the lower closest, multiple of 2.5 kg will be recorded on the score sheet. If the attempt is unsuccessful, the lifter will be granted a further attempt. Further attempts may only be taken at the end of the round in which the error occurred.
- (d) If the speaker makes a mistake by announcing a weight lighter or heavier than that requested by the lifter. The Chief Referee will make the same decisions as for errors in loading.
- (e) If for any reason it is not possible for the lifter or his coach to remain in the vicinity of the platform in order to follow the progress of the competition and the lifter misses his attempt because the speaker omitted to announce him at the appropriate weight, then the weight will be reduced as necessary and the lifter allowed to take his attempt, but only at the end of the round.



6 ORDER OF COMPETITION

4. Other than initial removal of the bar from the racks, the lifter will not receive any help from the spotter / loaders in positioning himself for an attempt.
5. On the completion of an attempt, a lifter shall leave the platform within 30 seconds; failure to comply with this rule may result in disqualification of the attempt at the discretion of the referees.
6. If, during warm up or competition, a lifter suffers injury or in any other way exhibits signs of a condition which may unduly or significantly jeopardize the competitor's health and wellbeing, the official doctor has the right to examination.
7. If the doctor considers it inadvisable for the lifter to continue, he may, in consultation with the ABS Series organisers, insist upon the lifter retiring from the competition. The team manager or coach must be officially informed of such a decision. To avoid contamination a solution of one part household bleach to 10 parts water is recommended to clean blood or tissue from the bar or platform and that in the warmup area should "accidents" occur.
8. Any lifter or coach, who by reason of his misconduct upon or near the competition platform is likely to discredit the sport, shall be officially warned. If the misconduct continues, the ABS Series organisers and the Referees, may disqualify the lifter or coach and order the lifter or coach to leave the venue.
9. The ABS Series organisers and Referees may by a majority decision immediately disqualify a lifter or official if they are of the opinion that any misconduct is serious enough to warrant immediate disqualification rather than an official warning.
10. Any abusive language or gestures towards the referees or officials will not be tolerated and will result in disqualification from the competition.
11. Any lifter deemed to be dumping the bar when they are not able to complete the lift in the squat or bench press will receive a warning. Persistent dumping of the bar will result in disqualification from the competition.

7 Referees

1. The referees shall be three in number, the Chief Referee or Centre Referee and two side referees.
2. The Chief Referee is responsible for giving the necessary signals for all three lifts.
3. Signals required for the three lifts are as follows:

Lift	Commencement	Completion
Squat	A visual signal consisting of a downward movement of the arm together with the audible command “squat”	A visual signal consisting of a backward movement of the arm together with the audible command “rack”
Bench Press	<p>A visual signal consisting of a downward movement of the arm together with the audible command “start.”</p> <p>During: The audible command “Press” after motionless at the chest and the visible signal of an upward movement of the arm.</p>	A visual signal consisting of a backward movement of the arm together with the audible command “rack”
Deadlift	No signal required	A visual signal consisting of a downward movement of the arm together with the audible command “down”
When a lifter fails to complete a squat or a bench press, the command is “rack.”		

11. Once the bar has been replaced in the racks or on the platform at the completion of the lift, the referees will announce their decisions by means of the lights. White for a “good lift” and red for “no lift.” The cards will then be raised to indicate the reason for the “no lift.”
12. The three referees may seat themselves in what they consider to be the best viewing positions around the platform in a range not farther than 4 meters for each of the three lifts. However, the Chief Referee must always bear in mind the need to be visible to the lifter performing the squat or deadlift, and the side referees should always bear in mind the need to be visible to the Chief Referee so that he can observe their raised arms.
13. Before the contest, the three referees shall jointly ascertain that:
 - a) The platform and competition equipment comply in all respects with the rules. Bars and discs are checked for weight discrepancies and defective equipment discarded. A second bar and collars should be readied and put aside in case of damage to the original bar or collars.
 - b) The scales work correctly and are accurate (currently certified).
 - c) The lifters weigh within the limits for category.
 - d) The lifter’s personal equipment has been inspected to comply with the rules in all respects. It is the duty of the lifter to ensure that all items he wishes to wear on the platform have passed the scrutiny of the examining referees. Lifters discovered wearing or using apparel that has not been checked in may be subject to penalty, e.g. disqualification of the last attempt.
14. During the contest, the three referees must jointly ascertain that:
 - a) The weight of the loaded bar agrees with the weight announced by the speaker. Referees may be issued with loading charts for this purpose. It is their joint responsibility.

- b) On the platform the lifter's personal equipment complies with the rules. If any referee has reason to doubt a lifter's integrity in this respect he must after completion of the lift, inform the Chief Referee of his suspicions. An ABS Series organiser or Referee may then examine the lifter's personal equipment. If the lifter is found to be wearing or using any illegal item other than that which may have inadvertently been passed in error by the examining referees, the lifter shall be immediately disqualified from the competition. If wearing any illegal item passed in error by the examining referees, and the lift in which the discovery was made is successful, the lift will be rejected and then the lifter will be granted a new attempt (having removed the illegal item) at the end of the round.
15. Prior to the commencement of the Squat and Bench press the side referees will raise their arms and keep them raised until the lifter is in the correct position to begin the lift. If there is a majority opinion among the referees that a fault exists, the Chief Referee will not give the signal to commence the lift. The lifter has the remainder of his unexpired time allowance in which to correct the position of the bar or his stance to receive the commencement signal. Once a lift has commenced, the side referees will not call attention to faults during the execution of the lift.
16. Referees shall abstain from commentary and not receive any document or verbal account concerning the progress of the competition. Therefore, it is essential that the lot number of each lifter accompanies his name on the scoreboard so that the referees can follow the order of lifting.
17. A referee shall not attempt to influence the decisions of the other referees.
18. The Chief Referee may consult with the side referees or any other official as



7 REFEREES

necessary to expedite the competition.

19. At his discretion, the Chief Referee may order that the bar and/or platform be cleaned. If the lifter or coach request the bar and / or platform to be cleaned, the request must be made via the Chief Referee/Technical Controller not the spotter/loaders. In the final round of the deadlift the bar must be cleaned before every attempt, and in any of the other two rounds, should the coach or lifter desire. Once the Chief Referee declares the bar to be loaded and the clock begins to run, any request to clean the bar or make an attempt change will be rejected.
20. The Technical Controller will ensure that the lifter is that as announced and properly attired before mounting the platform.
21. Referees and Technical Controller shall be uniformly dressed as follows:
 - Black ABS Series Polo Shirt with appropriate ABS Series badge.
 - Black trousers (Shorts may be worn in place of trousers in Summer events).
 - Shoes must always be worn.
 - Open toe shoes, flip flops, sliders are not allowed.



8 Coaches

1. All coaches will require a coach pass to access the warm – up area.
2. There will be a maximum of 2 coaches per lifter allowed in the warm – up area, this will be strictly enforced.
3. Coaches should be dressed appropriately when in the coaching area beside the platform. Jeans, open toe shoes, sliders, flip flops are forbidden.
4. Only 1 coach is permitted in the coaching area beside the platform.
5. Only the coach may approach the referees or technical controller to ask why the lifter received a red light.