

**A.P.F. POWERLIFTING REFEREE'S EXAMINATION**



NAME \_\_\_\_\_ AGE \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

TELEPHONE (HOME) \_\_\_\_\_ (WORK) \_\_\_\_\_

CELL PHONE \_\_\_\_\_

APF/AAPF # \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

E-MAIL ADDRESS \_\_\_\_\_

One must be an A.P.F. member to qualify for this test. For the true-false questions, if any part of the statement is false, the entire question is false.

After satisfactory completion of this test and resume, a practical exam is required to be a qualified A.P.F. Powerlifting Referee.

Return your completed test with this form and a \$10.00 test fee to:

**American Powerlifting Federation**  
**505 Westgate Drive, Aurora, IL 60506**  
**worldpowerliftingcongress.com**  
**amyljackson@aol.com**  
**Phone: (630) 896-7309**  
**1-866-389-4744**

**ANSWER QUESTIONS AS COMPLETELY AS POSSIBLE:**

1. List six causes for disqualification in the Squat:
  - 1.
  - 2.
  - 3.
  - 4.
  - 5.
  - 6.
  
2. List six causes for disqualification in the Bench Press:
  - 1.
  - 2.
  - 3.
  - 4.
  - 5.
  - 6.
  
3. List five causes for disqualification in the Deadlift:
  - 1.
  - 2.
  - 3.
  - 4.
  - 5.
  
4. Under what circumstances may the lifting straps of the lifting suit not be worn over the shoulders?
  
5. The length of the leg of the lifting suit when worn may be how long at its maximum length?
  
6. As the side referee, you note that the lifter's feet contact the bench supports during the course of the lift. What is your appropriate action?
  
7. As the head referee, you note that the lifter gets under the squat bar and his socks are in contact with his knee wraps. What is your appropriate action?

8. As the center referee, you note that the lifter has just completed a successful attempt and the weight on the bar is five kilograms heavier than the weight that was actually requested. What is your appropriate action?
  
9. A male lifter is successful with 100 kg. on his first attempt. He requests 102.5 kg. on his second attempt. As a referee, you note this. What is your appropriate action?
  
10. Under what circumstance may a lifter change a first attempt?
  
11. Under what circumstance may a lifter change a second attempt?
  
12. Under what circumstance may a lifter change a third attempt?
  
13. Which of the competitive lifts require a referee's signal to start the lift?
  
14. Which of the competitive lifts require a referee's signal to terminate the lift?
  
15. How many spotters, maximum, may be used in the squat? \_\_\_\_\_
  
16. How many spotters, maximum, may be used in the bench press? \_\_\_\_\_
  
17. What is the maximum time for weigh-in on the day of the meet? \_\_\_\_\_
  
18. What is the maximum grip width in the bench press? \_\_\_\_\_
  
19. Where on the lifter or apparel may spray stickum be used? \_\_\_\_\_
  
20. What substances may be applied to the bar or bench? \_\_\_\_\_
  
21. Where on the platform (rear, side for ex.) may coaches stand during the performance of the lift? \_\_\_\_\_

22. What may occur to the lifter who intentionally drops a lift? \_\_\_\_\_

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23. In the bench press, the bar makes contact with the bench upright. What is your ruling?

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24. Prior to the squat command, the lifter's coach and training partner take the place of the official spotters on the platform. As the side judge, what is your ruling?

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25. In the bench press, the lifter places his or her toes on the platform but not the heel of the shoe. The feet do not move during the performance of the lift but the toe area of the sole is the only part in contact with the platform. What is your ruling? \_\_\_\_\_

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26. In the bench press, the lifter elects to raise his or her head during the performance of the lift. What is your ruling? \_\_\_\_\_

**MARK AS TRUE OR FALSE**

27. The categories for women's competition include 44 kg. and 48 kg. \_\_\_\_\_

28. In the deadlift, the referee shall give a starting signal \_\_\_\_\_

29. In meets in which women compete, adjustments in the weigh-in procedure may be made so that all lifters are weighed by officials of their own sex \_\_\_\_\_

30. Apparel for all competitors for all categories shall consist of a full length lifting suit or in the case of women, a one or two piece suit comparable to the lifting suit specified \_\_\_\_\_

31. All lifters representing a team must have uniform apparel and display only the club insignia, their state insignia, or a logo representative of their country \_\_\_\_\_

32. A lifter may have his or her own spotter hand off in the bench press \_\_\_\_\_

33. World records shall be listed in pounds or kilograms \_\_\_\_\_

34. In the squat, the lifter may back away from the racks, and then move forward or backward in order to establish his or her starting position \_\_\_\_\_

35. Lifters weighing the same and choosing the same weight on the same attempt determine lifting order based upon heaviest first attempt \_\_\_\_\_

36. List the two mandatory weigh-in times.

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37. Can additional weigh in times be provided? \_\_\_\_\_

38. Can a lifter can weigh-in fully dressed? \_\_\_\_\_

39. If a lifter weighs in and the weight is recorded can they come back and re weigh if they choose? \_\_\_\_\_

40. What does the lifter have to provide at the time of weigh-ins?

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41. How many weight classes are there for women? \_\_\_\_\_

1. List the weight classes for women

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

42. How many weight classes are there for men? \_\_\_\_\_

2. List the weight classes for men

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

43. If weigh-ins are conducted in pounds list the maximum weight of each weight class. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

44. List the age limitations for the following categories:

Open _____	Submaster _____	Master 5 _____
Teenage 1 _____	Master 1 _____	Master 6 _____
Teenage 2 _____	Master 2 _____	Master 7 _____
Teenage 3 _____	Master 3 _____	Master 8 _____
Junior _____	Master 4 _____	Master 9 _____

45. Can a lifter's recorded bodyweight be made public during the weighing in of his/her category? \_\_\_\_\_