

NEW WPF RULES & POLICY FROM - 1st January 2008

1. When a Flight consists of less than 10 lifters, compensatory time allowances shall be added at the end of each round as follows: for 9 lifters add 1 minute; 8 lifters add 2 minutes; 7 lifters add 3 minutes. 3 minutes is the maximum allowance permitted at the end of a round.
2. Lifters will only be granted a fourth attempt if successful on their third attempt, it is for a record and approved by the Chief Referee. The record has to be for level of the championships participating in and above, not below. For example, at World Championships you cannot have a fourth attempt for a European or National record. At European Championships you cannot have a fourth attempt for a National record. But you could request a world record attempt.
3. Implement a World Deadlift Championship to be included with the World Benchpress Championship. (BPO have now introduced this in all its championships)
4. Allow Velcro on bench shirt as long as it completely closes the back of the shirt
5. Eliminate power pant briefs and only allow groove briefs with no legs. (Waist line still not above navel. Also, this will mean, athletes in breaking a record will now have to show tops of legs)
6. If a lifter fails to give their next attempt within the allotted time have them repeat for a failure or go up 2.5K if successful. (Present rule allow athletes one minute to submit subsequent attempt. This is the alternative now if athletes fail to submit in time).
7. Use lot numbers to determine what lifter will go first if the same weight is being attempted. (A lot number will be allocated to each athlete on or after weigh-in)
8. Allow white polo shirts with WPF patch and grey slacks for referees. It is optional for Nations to still wear blazer and tie.
9. Open class lifters only, will be allowed to claim Master records if of age. (Master, Junior and Teenager classes can not break an open record)
10. WPF/EPC record certificates - Athletes requiring record certificates will now need to provide the Records Registrar 5 euro for the first certificate and 3 euro for each subsequent certificate from the championships the records were broken, before they are distributed to cover administration, printing and postage costs.
(Athletes to process their applications, through their respective National Organisation)