

WNPF VIRTUAL LIFTING

All videos that are submitted will be the property of the WNPF and will not be shared with anyone but the lifter that submitted it to the WNPF. Your privacy will be protected!!!

RULES AND MORE.....

WEIGH INS- All lifters will weigh in the day before (4pm-6pm). You will weigh in on your scale of choice and we will need a video or photograph with you standing on the scale with the display in the video or photo to verify your weight. All female lifters will weigh in with light clothes on and we will adjust your bodyweight accordingly. All male lifters have the option of wearing light clothes or just taking off your shoes, etc. We will adjust your bodyweight accordingly. We will adjust bodyweights up to 2 lbs. maximum depending on how you weigh-in, meaning the amount of clothes you have on. We must have everyone's information by 6PM the night before the event. No lifters can weigh-in in the nude!

EQUIPMENT- You must take a photograph or video of all equipment that you will wear for the meet. If we find that you have on a piece of equipment not verified your lift(s) will be disqualified. We must have everyone's information by 6PM.



ROSTER- A roster will be sent out the night before the event to all lifters by 9pm. This way you will know who you are competing against.

AWARDS- Once the meet is complete and all videos are submitted, we will send the final meet results to all lifters. All awards (1st, 2nd, etc) will be sent out to all lifters no later than 2 weeks after the event. **We will need EVERYONE'S VIDEOS no later than 2PM on meet day!** A link will be sent to you where you can send your videos unless we decide to do a ZOOM MEETING.

TIME- We will need a start time and finish time for your entire event.

WEIGHTS- All weights must be video recorded and must be taken before each attempt/lift to verify the correct weight lifted. So in other words before you make your attempt we will need you to go over to the bar and count all plates on the bar and then make your attempt in the same video. You do not have to unload and reload the plates for each lift. If you do not count your weight and video your lift will not count.



Please take one photo of the plates before you lift .



VIDEO/CAMERA- When you video your lifts we will need your phone/camera to be approximately 5-7 feet from you and it must be on an rear to side angle for the squat and bench and front to side angle for the deadlift. We must be able to see you, the plates and the actual lift in the video otherwise the lift will not count. Again, your video must start with the plates being counted and will end once the lift is complete!

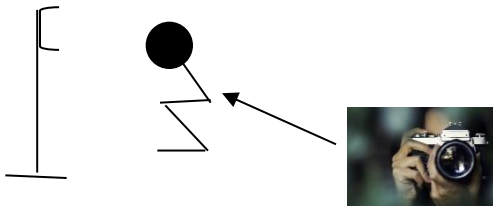
NOTE: PLEASE DO NOT HAVE YOUR CAMERA 15-20 FEET AWAY, IT MUST BE APPROXIMATELY 6-8 FEET AWAY.

PLEASE DO NOT HAVE YOUR CAMERA ON THE SIDE DURING THE DEADLIFT WHERE WE CANNOT SEE YOU'RE KNEES.

PLEASE DO NOT HAVE YOUR CAMERA ON A HIGH UP ON A DOWNWARD ANGLE (SUCH AS 4-6-8 FEET HIGH), IT MUST BE NO HIGHER THAN 24-30" OFF THE GROUND.

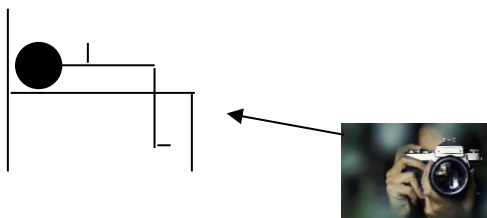
SQUAT- LEFT SIDE REAR and at squat depth (This is where the side judge on the left would sit). You can set it on a tripod or have someone hold it at this angle. You are allowed spotters but your back spotter must hold his/her hands down so we can see your squat depth. If we cannot see your depth your lift will not count. If you are using a monolift for squats you must walk your squat out, the hooks must stay in the same position and cannot go backwards!

COMMANDS- If you have someone to help with commands, they will give the squat command and the rack command. If you do not have anyone to give commands, you will pause for about 2 seconds after you set up before you go down in the squat! Once you finish your squat make sure you pause for a second to bring the weight back into the rack. (WE RECOMMEND THAT YOU USE SPOTTERS) (ALL WNPf RULES WILL APPLY IN THE SQUAT)



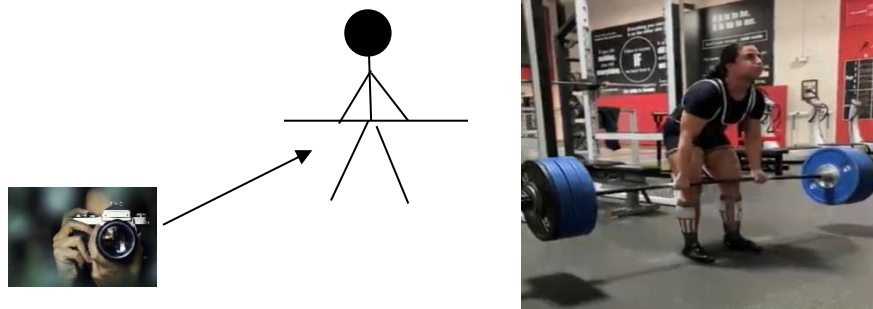
BENCH PRESS- LEFT SIDE REAR and the camera must be set up where we can see the feet, butt and where the bar will be paused on your chest. If your using a tripod it must be at least 18-20 inches high off the ground, maximum 24'. You can set it on a tripod or have someone hold it at this angle.

COMMANDS- If you have someone to help with commands, they will give the PRESS command and the rack command. If we feel that you did a touch and go bench it will not count. You should pause your bench at least 1-2 seconds before pressing up. (WE RECOMMEND THAT YOU USE SPOTTERS, ESPECIALLY DURING THE HANDOFF AND RACKING OF THE LIFT) (ALL WNPf RULES WILL APPLY IN THE BENCH)



DEADLIFT- LEFT FRONT SIDE and the camera must be set up where we can see your entire body and plates on the bar. Keep in mind that once you stand up in the finish position, we may not be able to see you if the camera is too close to you. Position the camera accordingly!

COMMANDS- If you have someone to help with commands, they will give the **DOWN** command **ONLY**. If we feel that you did not lock out completely before you put the weight down it will not count. You should pause at least 2 seconds before putting the weight down. **(ALL WNPf RULES WILL APPLY IN THE DEADLIFT)**



ALL JUDGES CALLS WILL BE FINAL AND WILL NOT BE CHANGED!
Three WNPf officials will judge your lifts!

MORE RULES

ATTIRE-All lifters in the bench press event must have on a full t-shirt with sleeves, no tank tops, long sleeve or sleeveless shirts. Your shirt cannot have pockets, a collar, zippers, long sleeves or profanity. You can wear WNPF sold attire or your gym shirt on the platform and only one shirt can be worn at a time. We are not allowing any other federation shirt on the platform.

Your belt cannot be any wider than 4" in the back, if you have a 6" belt you will be asked to switch it out.

Suits- All lifters must always have on a one-piece suit or wrestling singlet with straps in the upward over the shoulder position.

If a lifter is caught with illegal equipment a warning will be given and then a disqualification of the lift.

ATTEMPTS-You will have one minute after the bar is loaded to make an attempt, if you don't you will lose a lift. You have ten minutes before the meet starts to change your first attempt or if you are in another flight other than flight one you have until the flight ahead of you reaches round three to change your attempt. If you miss your attempt, you must submit your next attempt one minute after the completion of your previous lift. If you do not you will go back into the rotation with the same lift or forfeit your lift.

CONDUCT-We expect all lifters and coaches to act in a professional manner at all times.

COACHES/SPOTTERS-Lifters are allowed one coach on the platform to handoff during the bench press. Coaches can back spot in the squat. We recommend spotters in the squat and bench for SAFETY unless you are using a power rack with pins. But we recommend spotters in this case also. We are not responsible for injuries if you do not use spotters!!!!

RECORDS-The following records can be set today. (STATE RECORDS) 4th attempts will NOT be allowed today. All records are on the website!

ATTIRE: Performance and Compression material is not allowed in the raw or raw classic division. Cotton T-shirts only with sleeves, sleeveless shirts are not allowed. Cotton T-Shirts are mandatory in all lifts except for DEADLIFT. Boxer shorts are not allowed for Raw lifters, briefs only! WNPF T-shirts are available for purchase if you do not have one on hand.

Knee high socks (over the calf) must be worn in the deadlift and all shoes must have a sole on the bottom. The WNPF have knee high socks for sale for anyone that need them.

OTHER RULES-Ammonia capsules are allowed but cannot be used on the platform. You must discard them before you step on the platform.

If you have an open wound on your body, you must bandage the wound before your next attempt. A first aid kit is recommended to have while you are lifting. We will not allow anyone on the platform with open wounds or cuts.

Instant replay will not be used for any reason after we make a call! ALL LIFTS WILL BE JUDGED AND ALL CALLS ARE FINAL!!!!!! No exceptions!!!

RULES OF THE INDIVIDUAL LIFTS

SQUAT DQ'S

- 1- FOOT MOVEMENT OR ANY STEPS AFTER YOU RECEIVE THE SIGNAL TO SQUAT
- 2- 2- KNEES NOT BEING LOCKED BEFORE AND AFTER THE LIFT
- 3- THE BAR BEING PLACED ANY LOWER THAN THE BOTTOM OF THE TRAP MUSCLE/REAR DELTOID OR ROLLING THE BAR DOWN YOUR BACK WHILE PERFORMING THE LIFT
- 4- NOT OBEYING THE SQUAT AND RACK COMMANDS
- 5- ANY DOWNWARD MOVEMENT ONCE YOU START UPWARD AND NO DOUBLE BOUNCING
- 6- ELBOWS TOUCHING THE THIGHS WHILE SQUATTING
- 7- FAILURE TO SQUAT BELOW PARALLEL. THE TOP OF YOUR HIP JOINT MUST BE BELOW THE TOP OF YOUR KNEE JOINT.
- 8- ANY INTENTIONAL DUMPING OF THE BAR ON THE SPOTTERS
- 9- FAILURE TO MAKE A BONA FIDE ATTEMPT TO PUT THE WEIGHT BACK IN THE RACK
- 10- HAVING YOUR HANDS ON THE SLEEVES OF THE BAR OR TOUCHING THE PLATES

BENCH PRESS DQ'S

- 1- NOT WAITING FOR THE PRESS SIGNAL- THE BAR MUST BE MOTIONLESS
- 2- NOT LOCKING YOUR ARMS WHEN YOU UNRACK THE WEIGHT BEFORE YOU GO DOWN
- 3- SEESAWING THE BAR (ONE ARM GOES UP, THEN THE OTHER)
- 4- THE BAR GOING DOWN AFTER YOU RECEIVE THE PRESS SIGNAL. THE BAR MUST ALWAYS TRAVEL UPWARD AFTER YOU RECEIVE THE PRESS SIGNAL
- 5- SINKING THE BAR IN YOUR CHEST AND HEAVING THE BAR OFF YOUR CHEST
- 6- UNEVEN LOCKOUT
- 7- RAISING YOUR BUTT OFF THE BENCH OR NOT PLACING YOUR BUTT ON THE BENCH AFTER YOU UNRACK THE WEIGHT
- 8- EXCESSIVE FOOT MOVEMENT
- 9- NOT WAITING ON THE RACK SIGNAL
- 10- NOT ATTEMPTING THE WEIGHT LOADED WITHIN THE 1 MINUTE TIME LIMIT

Note- lifters can lift with their feet flat or on their toes but your feet must remain in the same position throughout the entire lift. Lifters are not allowed to lift on their heels.

DEADLIFT DQ'S

- 1- HITCHING OR SUPPORTING THE BAR ON YOUR THIGHS WHILE PULLING
- 2- FEET MOVING FROM IT'S ORIGINAL POSITION AFTER THE INITIAL PULL
- 3- NOT COMPLETELY LOCKING OUT (EXPLAIN ONE STRIAIGHT LINE- HEAD-SHOULDER-HIPS-KNEES)
- 4- DOUBLE KNEE LOCK
- 5- NOT WAITING FOR THE DOWN SIGNAL
- 6- DROPPING THE BAR OR DRIVING THE BAR TO THE FLOOR EXCESSIVELY HARD
- 7- COMING ON THE PLATFORM WITHOUT KNEE HIGH SOCKS

BENCH FOR REPS DQ'S

- 1- NOT WAITING FOR THE START COMMAND
- 2- NOT TOUCHING YOUR CHEST
- 3- NOT LOCKING OUT
- 4- ATTEMPTING THE NEXT REP BEFORE THE JUDGE GIVES YOU THE COUNT
- 5- BOUNCING THE BAR OFF YOUR CHEST
- 6- RESTING MORE THAN 2 SECONDS AT THE TOP
- 7- BUTT RAISING OFF THE BENCH THERE IS A 2 MINUTE TIME LIMIT

STRICT CURL DQ'S- A WALL OR STRICT CURL APPARATUS MUST BE USED

- 1- NOT WAITING FOR THE CURL AND DOWN COMMAND
- 2- YOUR BACK AND BUTT COMING OFF THE WALL
- 3- NOT COMPLETING THE LIFT
- 4- ANY DOWNWARD MOTION OF THE BAR
- 5- ANY SHIFTING OF THE FEET
- 6- BOUNCING THE BAR OFF THE THIGHS
- 7- UNLOCKING OF THE KNEES

POWERCURL DQ'S

- 1- NOT WAITING FOR THE CURL AND DOWN COMMAND
- 2- NOT COMPLETING THE LIFT
- 3- ANY DOWNWARD MOTION OF THE BAR
- 4- ANY SHIFTING OF THE FEET
- 5- BOUNCING THE BAR OFF THE THIGHS
- 6- HEAVING THE BAR AT THE START WHERE YOUR CHEST GO PAST YOUR TOES