

Practical Test Procedure

1. Following a passing score of 90% or better on their written test, the applicant will first work at least one weigh-in session consisting of 20 or more lifters. This should preferably be done at the 24-hour session or the evening session, but never the morning of the meet session. They must rotate and perform duties at all four positions for multiple lifters in each position, gear checks, rack heights, weighing lifters, filling out lifter scorecards, and answering meet questions. The lead official at the weigh ins will sign off on their test sheet once completed.
2. The practical test will consist of the applicant judging a minimum total of 6 flights; one from the Head and one from the side chair for each of the three lifts. They must also expedite a minimum of two flights during the meet. The meet must have a minimum of 20-25 full power lifters competing.
3. The minimum number of total lifts for the test will be 200, but 300 is preferred.
4. Only certified National or International officials are allowed to conduct any practical exam for new judges. It is the responsibility of the Meet Director that has an applicant taking a test at their meet to consult the USPA web site, to confirm each official is both current in status and approved to administer the test. Failure to follow test procedures may invalidate the entire test.
5. During the test, the applicant may never hold or activate the light control box. This can only be done by the official administering the test.
6. After each lift the applicant will immediately inform the official next to them if it was a good lift or no lift. There can be no delay for discussion prior to making their decision. The official administering the test will not throw their switch until the applicant gives their decision.
7. If the applicant's decision matches the light of the official testing them, they will circle "A" on the score sheet indicating they both agreed. If their decision does not agree with the official sitting with them, they will circle the "D" on the test sheet that they disagreed.
8. This is the last chance for an experienced official to sit and mentor a new official, so it is extremely important that the official giving the test talk with the applicant about what they see, and that the applicant ask questions the entire day. Remember this is not only about their judging lifts, but checking lifters gear several lifters out, watching over the table to be sure procedures are being followed, and that all spotters are following the correct safety and USPA procedures. Remember at the very next meet, this new official could be the Head judge and needs to know all of this ahead of time.
9. On the day of the practical test, the applicant must dedicate 100% of their attention to fulfilling their test requirements. This means they cannot assist friends or team mates with any warm ups, spotting, wrapping, or giving any assistance to help run the meet until they have completed all requirements. They also may not compete on the same day they take their test.
10. If any record is set the applicant must follow the correct procedure and inspect the lifter's gear no matter what division they have entered. When you test in your side positions for all lifts, you will perform the records gear check under the supervision of the testing official.
11. Any applicant that is not dressed according to the USPA officials dress code will not be allowed to take their test. If they have not received their official USPA judge's shirt in time for the meet, they are permitted to wear a red polo shirt similar in style.

12. It is the applicant's choice of when and where to take their practical test, but they must provide the Referee Chairman in writing with the date and location of the meet at least two weeks in advance.
13. The completed score sheet from their practical exam must be fully filled out and returned by the applicant with one week to the National Referee Chairman. To be valid, the score sheet needs to have the printed names of the officials that administered the weigh-in session, the practical test, and the expediting flights.
14. If an applicant is able to complete all the required eight flights of testing, it is strongly recommended they then sit at the table and learn how to do both the cards and computer. This is a requirement for future advancement. If time permits, additional judging from the side position in the squat is encouraged.
15. Prior to submitting your score sheet, ask both the Head official that administered your test, and the Meet Director to review it one last time to be sure it has been completed correctly and that all requirements have been fulfilled. After they both sign off, you may then submit it back to the National Referee Chairman.
16. The applicant may judge at a USPA meet only after the paperwork has been reviewed by the Referee Chairman and the President and their name and test date posted on the National web site.