



# USPA Weigh-in Guidelines

*Please note: This list is intended as a Quick Reference only and all weigh-in officials should read and fully understand the complete set of rules within the USPA rulebook.*

*Effective 1/1/2017 all lifting gear must meet the specifications as outlined in the most current edition of the USPA Rule Book. In the meantime, it is our position that a lifter should not be penalized for buying something that was advertised as being made to the correct specs. It's the manufacturers responsibility to fix it! Manufacturers have until 1/1/2017 to bring their gear in compliance. In the meantime, a lifter should be allowed to wear the gear that is out of spec only for the contest they are competing in. The weigh-in official should 1) notify the lifter that his/her gear is out of spec, 2) record the lifters name and the gear company, and 3) give this information to the meet director who will then notify the USPA National Office of the non-compliance. The gear company will be notified of the discrepancy of the equipment along with the lifters name, so when the lifter returns or exchanges the item(s) they are aware of the problem and can work with us and the lifter to fix it.*

- No weigh-in may be held prior to 24 hours before the official start time of the competition.
- All weigh-ins must be held in private with only the weigh-in official(s), lifter, and the lifters coach being present.
- All lifters (male or female) must be weighed-in either nude or in underwear, and only by an official of the same sex. The lifter may wear socks while standing on the scale.
- The scales are to be placed on a flat, hard surface during weigh-ins (never on carpet or soft surface).
- The scale must be capable of measuring in kilos and accurate to the tenth of a kilo. All weights must be recorded to the tenth or hundredth of a kilo on the scorecard and initialed by the athlete or their coach (example: 125kg not correct; 125.0 or 125.1 or 125.01 are all correct.)
- When possible, there should be no less than two weigh in officials attending small meet sessions, and up to six for large meets assisting the lifters in order to speed up the process. The different positions required are – lifter card, gear check, rack heights, and scale. It may be necessary to have two working the lifter cards, and two weigh in booths, especially if there are both male and female lifters at a large meet.
- The lifters must start by getting their rack heights before approaching the table. The official that is assisting with rack heights needs to ask lifters (especially inexperienced lifters) their openers for the squat and bench, what shoes they will wear during the squat, is this the foot position width used during the squat, hand grip width position used during the bench, is this where they will set up with their body under the bar for their bench, determine how soft the competition bench top is, and any other details that could change the lifters rack height based on, body position, or joint and tissue compression.
- Prior to going to the card table, they also need to have proof of membership ready to show either on their phone, or a printed copy, and all openers ready. No lifter that is not a current member will be allowed to compete.
- The official that fills out the lifters cards must see the proof of membership, make note of the expiration date on the lifters card, and validate that the lifter has signed their release form. All openers and rack heights must be in pencil only. This is the time to review with the lifter that we have them entered in the correct divisions they have requested on their entry form.

- If any opener is a State, American, or World record attempt, it must be circled on the lifters card at this time.
- Other than Open class, all divisions must show a valid photo ID that verifies their age (driver's license, passport, or government issued ID with photo)
- Once the lifters card has been correctly filled out by the table staff, it will be handed to the gear check official that will appropriately use the back of the card to validate all equipment the lifter will wear has been inspected. If all items have been presented and pass, the official will both print their name on the back, and sign off on the front of the lifters card. The lifter must also initial the bottom of the back of the card, agreeing they will only wear items inspected prior to the meet during the competition. If any items are missing, or do not pass inspection, the official will print their name on back, circle the items in question, but will not sign off on the front. This can only be done once the lifter returns, and shows any official their missing equipment prior to the meet starting. At that time the official will review the back of the card to insure all the lifters missing items have been inspected, and only then can they sign off on the front of the card allowing the lifter to now compete in the meet. Any lifter that has not had the front of their card signed off will not be allowed to compete.
- Gear checks must be thorough, inspecting all aspects of the gear, including wrist and knee wraps or sleeves, underwear, singlet's, belts, socks, shoes, and t-shirts.
- The final step during the weigh in process is to get the lifters weight. No lifter will be allowed to step on the scale that has not first completed all other required steps first. The weights will only be in kilos. It is now optional that a lifter may weigh in wearing their singlet. If the lifter is under 18 years old, you must have two officials of the same sex as the lifter present, along with a parent or coach of that lifter in the weigh in room. Both officials must initial the lifters card as being present for minors, and only one officials initials are required if 18 or older.
- If the lifter makes the weight class they selected on their card, they are done and cannot return later to make a lower weight. If they do not make weight, they can return as many times as necessary, or until the last session closes. They may go up, or down, only one weight class. If they cannot make weight, the weigh in official must immediately change the weight class on their card to the correct class based on their actual weigh in weight, and the official inputting all lifter information must be notified of the change. Once the lifter has made weight, they must initial their card they have seen the weight on the scale, and are in agreement it was written down correctly on their card.
- Lifters may not fill out their score cards. This must be done only by certified officials. Meet Directors will not allow friends, gym partners, girlfriends, or staff to assist in any part of the weigh ins, unless they have previously been certified as an apprentice, or fully certified official. The lifter may never fill in any part of their card themselves, they only can initial sections required. Lifters can never be given their card to hold or walk around with at any time.
- All weigh in sessions will last a minimum of one and a half hours, with the exception of the early morning session the day of the meet that can be as short as one hour. It is not recommended, but the morning of the meet weigh in session can be on an appointment only basis, as long as it was published this way for all competitors to know about on the meet entry form in advance.