



# 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 in Section 5 within the USPA rulebook.*

- No weigh-in may be held prior to 24 hours before the official start time of the competition.
- The weigh in for each competitor will be carried out in a locked room, or behind a privacy partition, with only the competitor, his coach or manager and the referees present. All lifters will be weighed in by an official of the same gender. If an official of the same gender is not available, one may be appointed for this purpose only. All weigh-ins must be held in private with only the weigh-in official(s), lifter, and the lifter's coach being present.
- All minors younger than 18 years of age must be weighed in with two adult officials of the same gender present in the room. No one other than the lifter, two officials, and a parent, or parental approved coach, may be present in the room at the time of the weigh-in. Both officials must initial the lifter's card indicating they were present at the time of the weigh-in.
- 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. It is optional for all lifters to weigh in also wearing their singlet.
- The scales shall be placed on a flat, hard surface during weigh-ins (never on carpet or other 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 two or more weigh-in officials attending each session. One official should handle the weigh-ins and obtain the lifters openers and rack heights. If a lifter desires to use foot blocks during the meet, this should also be noted at this time.
- Another official should handle the USPA membership renewals, do gear checks, and hand meet out meet t-shirts, if available. Lifters may not compete without a current membership. Verify all lifters have a current USPA membership.
- Other than the Open class, all divisions must show a valid photo ID that verifies their age (driver's license, passport, school ID or government issued ID with photo).
- Gear checks must be thorough, inspecting all aspects of the gear, including wrist and knee wraps or sleeves, underwear, singlets, belts, socks, shoes, and t-shirts.
- Raw lifters are not exempt from gear checks.
- The weigh-in official must initial each lifter's score card next to the recorded bodyweight.
- If a lifter is weighed and makes the desired weight class that they entered for the contest, they may not be allowed to re-weigh for any reason.
- If a lifter who does not make the desired weight class they entered, they may re-weigh as many times as necessary to try and make weight up until the last official weigh-in period ends.
- A lifter may move up or down one weight class from what they originally declared for the meet except at US Nationals, Worlds, and all Expos, where they may not go down a weight class. At these specific meets, they may, however, go up one weight class as long as they have met the qualifying total for the higher weight class.
- First attempts must be filled out in **pencil** by the official and initialed by the lifter or their coach. **Lifters may not fill out their score cards.** This must be done by the weigh-in official. **Lifters can never be given their card to hold or walk around with at any time**
- Opening record attempts, must be noted by circling the matching designator on the scorecard.
- Confirm with the lifter that all information on the score card is correct. .