

Global Powerlifting Alliance
Referee written Examination
Email: info@gpa.aap-powerlifting.com.ar

Name _____

Address _____

City, State, Zip code, Country _____

Date of birth _____

Telephone number _____

Email _____

1. The head judge has the responsibility to give the "squat" and "rack" command to the lifter. Describe the procedure.

2. Describe 5 faults in the squat.

1. _____

2. _____

3. _____

4. _____

5. _____

3. If you are a side judge and you see an infraction in the lifter's costume or equipment what action will you take?

4. _____

5. Describe 5 faults in the bench press.

1. _____

2. _____

3. _____

4. _____

5. _____

5. The head judge has the responsibility to give the "down" command to the lifter in the deadlift. Describe the procedure.

6. Describe 5 faults in the deadlift.

1. _____

2. _____

3. _____

4. _____

5. _____

7. Describe the costume and equipment the lifter is allowed to use.

8. What substances may the lifter apply to himself before the start of the lift?

9. What substance may the lifter apply to the bar before the lift?

10. What are the times that a lifter may weigh in before the start of the competition?

11. The audible command "bar is loaded" is given by the speaker. The lifter has 60 seconds to begin the lift. In the squat, bench, and deadlift, at what point does the clock stop counting time?

12. What may be worn under the one piece lifting suit?

13. Other non essential items may be worn by the lifter?
