



Athlete's guide

2025 Barbell Masters at Saint-Jean Garrison

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General rules

Events

The following events must be performed in this order:

- A: Squat
- B: Bench press
- C: Deadlift
- D: Total A+B+C

Winners will be determined according to the IPF GL formula. There will be a women's podium and a men's podium. Each lifter is allowed 3 attempts per event. The best attempt made for each event counts toward the total. If two lifters record the same body weight at weigh-in and achieve the same total at the end of the competition, preference will go to the lifter who achieved it first. The same procedure applies in the event of a record being broken.

Raw powerlifting

The 2025 edition of the powerlifting competition will be raw to make it accessible and fair. Raw powerlifting means that the lifter does not wear any additional equipment. Wearing wrist wraps, knee pads and a belt are allowed, but not mandatory. To facilitate the work of the referees, we ask that participants to avoid loose clothing.

Rules of the events

Squat

Squat event

1. The lifter must face the front of the platform. The bar will be held horizontally on the shoulders, with the hands and fingers gripping it. The hands can be positioned anywhere on the bar, inside the internal collars or in contact with them. All fingers, except the thumb (optional), must go around the bar.
2. After removing the bar from the supports (the lifter may be assisted by the spotters), the lifter must move back to secure their starting position. When the lifter is still, straight (a slight inclination is permitted) with the knees locked, and the bar correctly positioned, the referee in charge will give the starting signal. It will consist of an audible verbal command "Squat" accompanied by a downward movement of the arm.
3. After receiving the signal from the referee in charge, the lifter must bend the knees and lower the body until the upper surface of the thighs at the hip joint is lower than the top of the knees. See the minimum acceptable in the appendix. Only one descent is permitted. The test is considered to have started when the lifter's knees have been unlocked. The lifter must rise at will to a straight position with the knees locked. Double bouncing in the low position or any downward movement during the ascent is prohibited. When the lifter is still (in a position that appears to be the final position), the floor leader will give the signal to put the bar down.
4. The signal to put the bar down will consist of a backward movement of the arm accompanied by the audible verbal command "Rack". The lifter must then replace the bar on the racks. For safety reasons, the lifter may ask the follower loaders to help bring the bar back and replace it on the racks. The lifter must remain under the bar during these maneuvers.

Fouls to be penalized during the leg bend

1. Failure to follow the signals of the referee in charge of the platform, at the beginning or end of the leg bend.
2. Double bounce in the low position, or any downward movement during the lift.
3. Failure to stand straight, with knees locked, at the beginning or end of the movement.
4. Any step forward, backward or sideways. Lifting the toes or heels is permitted.
5. Not bending the knees and lowering the body until the surface of the thighs at the hip joint is lower than the top of the knees.
6. Contact of the bar, discs or competitor with one or more follower chargers between the start and end signals of the movement of the referee in charge of the platform, to facilitate the bending of the legs.
7. Contact of the elbows or arms with the thighs. A slight contact is permitted, if it is recognized as not providing any assistance to the competitor.
8. Dropping the bar or throwing it intentionally after the signal “Rack” of the referee in charge.

Bench press

Bench press event

1. The lifter must lie on their back so that their head, shoulders and buttocks are in contact with the surface of the bench (see appendix). The feet must be flat on the ground (as much as the shoe will allow). Their hands and all fingers, including the thumb, must grip the bar placed on the supports. This body position must be maintained throughout the movement. Movement of the feet is permitted, but they must remain in full contact with the ground. When the lifter is lying on the bench, their hair must not cover the back of the head. The referees may ask the athlete to bring their hair into compliance with the rules. Women are allowed to wear the Hijab during the competition
2. To ensure solid support of the feet, the lifter can use flat discs or blocks.
3. After being properly positioned, the lifter may request the assistance of a designated spotter to unrack the bar from the supports.
4. The spacing of the hands must not exceed 81 cm, measured between the index fingers. Both index fingers must be inside the 81 cm marks and be in full contact with them in the case of a maximum spread grip.
5. After having removed the bar from the supports, the lifter will wait, elbows locked, for the signal from the referee in charge. The signal will be given as soon as the lifter is still, and the bar correctly positioned.
6. The starting signal will be the audible verbal command “Start”, accompanied by a downward arm movement.
7. After receiving the signal, the lifter must lower the bar until it touches the chest or abdominal region and keep it still (the bar must not touch the belt). After the referee in charge has given an audible “Press” command, the lifter must bring the bar back to the end of the outstretched arms, locking both elbows. When the bar is held still in this position, the audible “Rack” signal will be given, accompanied by a backward movement of the arm. If the bar touches the belt or does not touch the chest or abdominal region, the referee in charge will give the “Rack” command accompanied by a backward movement of the arm.



Fouls to be sanctioned in the bench press

1. Failure to comply with the signals of referee in charge, at the beginning or end of the movement.
2. Any change of position during the actual press, namely: any lifting of the head, shoulders or glutes from the bench. Any lateral movement of the hands on the bar.
3. Uncontrolled fall of the bar on the chest or abdominal region or sinking of the bar after the start signal to facilitate the push.
4. Any lowering of the entire bar during the ascent.
5. The bar not touching the chest or abdominal region or touching the belt.
6. Not pushing the bar to full extension of the arms, elbows locked, at the end of the movement.
7. Any contact of the spotters with the bar between the signals of the referee in charge to facilitate the movement.
8. Contact of the feet with the bench or its supports. Lifting the feet is not allowed. Movement of the feet is allowed but they must remain flat on the platform.

Deadlift

Deadlift event

1. The lifter will face the front of the platform, with the bar horizontally in front of his feet. They will grasp it with both hands using the grip they desire (pronated, supinated, or reversed, hands on the outside of the thighs, or on the inside), and lift it until they are completely upright.
2. At the end of the lift, the lifter must be straight, knees locked, and shoulders back.
3. The signal from the referee in charge will be the audible verbal command "Down" accompanied by a downward arm movement. The signal will be given as soon as the bar is held still, and the lifter is in an apparently final position. During the descent, the bar must be accompanied to the ground. That is to say, the lifter must lower the bar while keeping it in his hands, otherwise the attempt will be refused.
4. Any separation of the bar from the platform, or any obvious attempt to separate it, will count as an attempt. From the moment the lift begins, any descent of the bar before the lifter reaches its final position will be penalized.

Faults to be penalized in the deadlift

1. Any downward movement of the bar before the final position.
2. Failure to maintain a straight position, shoulders back, at the end of the movement.
3. Failure to lock the knees at the end of the movement.
4. Using the support of the thighs to raise the bar. If the bar rises by gradually rubbing on the thighs, without there being any support, there is no reason to refuse the attempt. Any doubt must be in favor of the competitor.
5. Any step forward, backward or lateral. On the other hand, lifting the toes or heels is not penalized.
6. Putting the bar down before the signal from the referee in charge.
7. Not controlling the bar with both hands until it touches the platform.

The weigh-in

How the weigh-in works

1. The lifters must be weighed before the start of the competition.



2. The weigh-in lasts 1 hour 30 minutes.
3. The lifters must be dressed.
4. Before the start of the competition, the lifters must check the height of the supports for the leg curl and the bench press, as well as the opportunity to use blocks under the feet for the bench press.

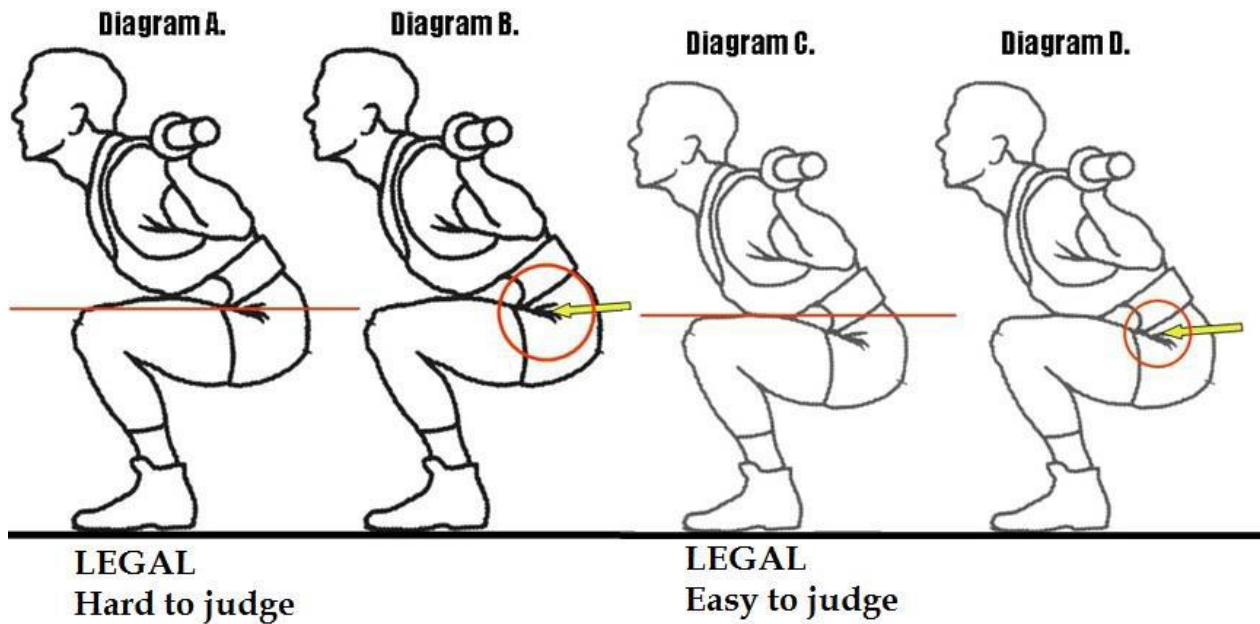
The competition

Progression by round

1. At the weigh-in, the lifter must give his first attempts for each event.
2. Each lifter will make their first attempt during the first round, their second attempt during the second round, and their third attempt during the third round.
3. At each pass, the bar is loaded progressively. It can only be reduced in the event of an error.
4. The order in which the lifters pass is determined by the load they request for their attempt. When two lifters request the same load, the one who obtained the lowest batch number for the weigh-in will go first. In the event of failure in an attempt, the lifter will not repeat their attempt immediately, but in the following round.
5. A lifter must announce which load they wish to take on their second or third attempt within two minutes of the end of their previous attempt.

Appendix

Application of the rule during the squat



Application of the rule during the bench press

