

REFEREE EXAMINATION



Forward your completed exam to: *Mason Jardine – Referee Co-Ordinator*
Email: *mjardine@capoaustralianpowerlifting.com.au*

Please answer ALL QUESTIONS as completely as possible - to assist you in completing these questions, you should thoroughly read the WPC Rule Book. For the true-false questions, if any part of the statement is false, the entire question is false.
You must be a CAPO member to qualify for this test.

Name: - _____ DOB: - _____
Email: - _____ Contact No.:- _____
Address: - _____ City: - _____
State: - _____ Post Code: - _____
Date of Application: - ____ / ____ / ____ Signature: - _____

- When completed, please forward to your referee coordinator for marking.
- Upon notification of your result, you will then be able to begin gaining referee experience by volunteering your time to referee at as many novice meets as you can.
- Please consult with your Referee Coordinator or Head Referee at meets, if there are any questions you may have.
- Make sure your name is printed, signed and dated on each meet Scoresheet, to ensure you are allocated your sessions to be eligible for a referee upgrade.
- With experience, you will then have the opportunity to upgrade your category at a State meet.

1. List six causes for disqualification in the Squat:

- a.
- b.
- c.
- d.
- e.
- f.

2. List six causes for disqualification in the Bench Press:

- a.
- b.
- c.
- d.
- e.
- f.

3. List five causes for disqualification in the Deadlift:

- a.
- b.
- c.
- d.
- e.

4. Under what circumstances the lifting straps of the lifting suit may not be worn over the shoulders?
.....
5. The length of the leg of the lifting suit when worn may be how long at its maximum length?
.....
6. As the side referee, you note that the lifter's feet contact the bench supports during the course of the lift. What is your appropriate action?
.....
.....
7. As the head referee, you note that the lifter gets under the squat bar and his socks are in contact with his knee wraps. What is your appropriate action?
.....
.....
8. As the center referee, you note that the lifter has just completed a successful attempt and the weight on the bar is five kilograms heavier than the weight that was actually requested. What is your appropriate action?
.....
.....
9. A male lifter is successful with 100 kg. on his first attempt. He requests 102.5 kg. on his second attempt. As a referee, you note this. What is your appropriate action?
.....
.....
10. Under what circumstance may a lifter **change** a first attempt, and for which lift/s?
.....
11. Under what circumstance may a lifter **change** a second attempt, and for which lift/s?
.....
12. Under what circumstance may a lifter **change** a third attempt, and for which lift/s?
.....
13. Which of the competitive lifts require a referee's signal to start the lift?
.....
14. Which of the competitive lifts require a referee's signal to terminate the lift?
.....
15. How many spotters, maximum, may be used in the squat?
.....
16. How many spotters, maximum, may be used in the bench press?
.....
17. What is the maximum time for weigh-in on the day of the meet?
.....
18. What is the maximum grip width in the bench press?
.....

- 19. Where on the lifter or apparel may spray “stickum” be used?
.....
- 20. What substances may be applied to the bar or bench?
.....
- 21. Where on the platform (rear, side for ex.) may coaches stand during the performance of the lift?
.....
- 22. What may occur to the lifter who intentionally drops a lift?
.....
- 23. In the bench press, the bar makes contact with the bench upright. What is your ruling?
.....
- 24. During the squat, the lifter’s coach and training partner take the place of the official spotters on the platform. As the side judge, what is your ruling?
.....
.....
- 25. In the bench press, the lifter places his or her toes on the platform but not the heel of the shoe. The feet do not move during the performance of the lift but the toe area of the sole is the only part in contact with the platform. What is your ruling?
.....
- 26. In the bench press, the lifter elects to raise his or her head during the performance of the lift. What is your ruling?
.....

MARK AS TRUE OR FALSE

- 27. The categories for women’s competition include 44 kg and 48 kg. _____
- 28. In the deadlift, the referee shall give a starting signal _____
- 29. In meets in which women compete, adjustments in the weigh-in procedure may be made so that all lifters are weighed by officials of their own sex _____
- 30. Apparel for all competitors for all categories shall consist of a full length lifting suit or in the case of women, a one or two piece suit comparable to the lifting suit specified _____
- 31. All lifters representing a team must have uniform apparel and display only the club insignia, their state insignia, or a logo representative of their country _____
- 32. A lifter may have his or her own spotter hand off in the bench press _____
- 33. World records shall be listed in pounds or kilograms _____
- 34. In the squat, the lifter may back away from the racks, and then move forward or backward in order to establish his or her starting position _____

35. Lifters weighing the same and choosing the same weight on the same attempt determine lifting order based upon heaviest first attempt _____

36. List the two mandatory weigh-in times.

37. Can additional weigh in times be provided? _____

38. Can a lifter weigh-in fully dressed? _____

39. If a lifter weighs in and the weight is recorded can they come back and re weigh if they choose? _____

40. What does the lifter have to provide at the time of weigh-ins?

41. How many weight classes are there for women? _____

List the weight classes for women

42. How many weight classes are there for men? _____

List the weight classes for men

43. List the age limitations for the following categories:

Open _____	Submaster _____	Master 5 _____
Teenage 1 _____	Master 1 _____	Master 6 _____
Teenage 2 _____	Master 2 _____	Master 7 _____
Teenage 3 _____	Master 3 _____	Master 8 _____
Junior _____	Master 4 _____	Master 9 _____

44. Can a lifter's recorded bodyweight be made public during the weighing in of his/her category? _____

OFFICE USE ONLY;

Date Examination received on: ____ / ____ / ____

Received by: email post (circle)

Date marked on: ____ / ____ / ____

Number of questions answered correctly:..... attempted:

Examination: Pass Fail (Please circle)

Assessing Officer' s Name: _____

Assessing Officer' s Signature: _____

Forwarded copy to: