REFEREE EXAMINATION

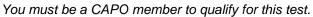
Forward your completed exam to: Maso

Mason Jardine – Referee Co-Ordinator

Email:

mjardine85@gmail.com

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.





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 ti 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	
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a	
a	
c. d. e. f. 2. List six causes for disqualification in the Bench Press: a.	
d. e. f. 2. <u>List six causes for disqualification in the Bench Press:</u> a.	
e. f. 2. <u>List six causes for disqualification in the Bench Press:</u> a.	
f. 2. <u>List six causes for disqualification in the Bench Press:</u> a	
List six causes for disqualification in the Bench Press: a	
a	
h	
V	
C	
d	
e	
f	
3. <u>List five causes for disqualification in the Deadlift</u> :	
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.	Under what circumstance may a lifter change a first attempt, and for which lift/s?
10.	Under what circumstance may a lifter change a second attempt, and for which lift/s?
11.	Under what circumstance may a lifter change a third attempt, and for which lift/s?
12.	Which of the competitive lifts require a referee's signal to start the lift?
13.	Which of the competitive lifts require a referee's signal to terminate the lift?
14.	How many spotters, maximum, may be used in the squat?
15.	How many spotters, maximum, may be used in the bench press?
16.	What is the maximum grip width in the bench press?
17.	What substances may be applied to the bar or bench?
18.	Where on the platform (rear, side for ex.) may coaches stand during the performance of the lift?

19.	What may occur to the lifter who intentionally drops a lift?
20.	In the bench press, the bar makes contact with the bench upright. What is your ruling?
21.	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?
22.	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?
23.	In the bench press, the lifter elects to raise his or her head during the performance of the lift. What is your ruling?
24.	Describe the four divisions available at CAPO sanctioned meets?
25.	What is the maximum supportive equipment that may be used in the various divisions?
26.	Which events can be contested at CAPO sanctioned meets?
27.	List the officials required at a meet where National and/or World records can be set (2 lists please)
28.	What is the only piece of equipment that can be adjusted on the platform??
MA	RK AS TRUE OR FALSE
29.	The categories for women's competition include 44 kg and 48 kg
30.	In the deadlift, the referee shall give a starting signal
31.	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

32.	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
33.	A lifter may have his or her own spotter hand off in the bench press
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?
<u>o</u>	FFICE USE ONLY
	ate Examination received on: / / Date marked on: / /
	umber of questions answered correctly: attempted:
	kamination: Pass Fail (Please circle)
	ssessing Officer's Name:
A	ssessing Officer's Signature: