REFEREE EXAMINATION

Forward your completed exam to: *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.
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 registered with the Meet Director and State Referee Coordinator,as a Referee and which position/s you refereed at for each meet, 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. Which events can be contested at CAPO sanctioned meets?
   .....

2. 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 _____

3. How many weight classes are there for women? _____
   List the weight classes for women
   .....
   .....

4. How many weight classes are there for men? _____
   List the weight classes for men
   .....
   .....

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

6. Where on the platform (rear, side for ex.) may coaches stand during the performance of the lift?
   .....

7. What lifts may use a Specialised bar?
   .....

8. The length of the leg of the lifting suit when worn may be how long at its maximum length?
   .....

9. Under what circumstances the lifting straps of the lifting suit may not be worn over the shoulders?
   .....

10. Where on the lifter can tape be used without official permission?
    .....

11. When can a lifter get equipment checked if in doubt of legality?
    .....

12. 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 (True / False) _____

13. When can a referee check equipment if in doubt of legality?
    .....

14. When must a lifter have his costume checked?
    .....

15. What substances may be applied to the bar or bench?
    .....

16. 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 (True / False) _____

17. <u>List six causes for disqualification in the Squat</u>:
    a. .....
    b. .....
    c. .....
    d. .....
    e. .....
    f. .....

18. What may occur to the lifter who intentionally drops a lift?
    .....

19. 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?
    .....
    .....

20. How many spotters, maximum, may be used in the squat?
    .....

21. How many spotters, maximum, may be used in the bench press?
.....

22. What is the maximum grip width in the bench press?
.....

23. 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?
.....

24. In the bench press, the lifter elects to raise his or her head during the performance of the lift. What is your ruling?
.....

25. In the bench press, the bar makes contact with the bench upright. What is your ruling?
.....

26. 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?
.....
.....

27. <u>List six causes for disqualification in the Bench Press:</u>
    a. .....
    b. .....
    c. .....
    d. .....
    e. .....
    f. .....

28. A lifter may have his or her own spotter hand off in the bench press (True / False) _____

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 (True / False) _____

30. List the two mandatory weigh-in times.
_____

31. Can additional weigh in times be provided? _____

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

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

34. <u>List five causes for disqualification in the Deadlift</u>:
    a. .....
    b. .....
    c. .....
    d. .....
    e. .....

35. If a lifter weighs in and the weight is recorded can they come back and re weigh if they choose? (True / False) _____

36. A lifter can ask to have weight reduced for an attempt if unsuccessful (True / False) _____

37. If a lifter is last in the round and is given another attempt due to a loading error, how long does the lifter have to commence the lift?
.....

38. Lifters weighing the same and choosing the same weight on the same attempt determine lifting order based upon heaviest first attempt (True / False) _____

39. How long does a lifter have to get the next attempt in after completion of a lift?
.....

40. Under what circumstance may a lifter **change** a first attempt, and for which lift/s?
.....

41. Under what circumstance may a lifter **change** a second attempt, and for which lift/s?
.....

42. Under what circumstance may a lifter **change** a third attempt, and for which lift/s?
.....

43. What is the only piece of equipment that can be adjusted on the platform??
.....

44. 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?
.....
.....

45. In the case of weight falling off the bar AFTER the completion call on the deadlift, would this be a cause for disqualification?
.....

46. What is the responsibility of a lifter if they have an abnormality/incapacity which could cause inability to comply with the rules?
.....

47. Which of the competitive lifts require a referee's signal to commence the lift?
.....

48. Which of the competitive lifts require a referee's signal to terminate the lift?
.....

49. In the deadlift, the referee shall give a starting signal (True / False) _____

50. 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?
.....
.....

51. List the officials required at a meet where National and/or World records can be set (2 lists please)
.....
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.....
.....

52. Describe the four divisions available at CAPO sanctioned meets?
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53. What is the maximum supportive equipment that may be used in the various divisions?
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.....
.....

OFFICE USE ONLY

Date Examination received on: ____ / ____ / ____ Date marked on: ____ / ____ / _____

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

Examination: Pass Fail (Please circle)

Assessing Officer's Name: _____

Assessing Officer's Signature: _____