REFEREE EXAMINATION

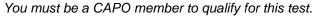
Forward your completed exam to:

Mason Jardine - Referee Co-Ordinator

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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.





Maria		DOD		
Name:		DOB: -		
Email:		Contact No.:-		
Address: -		City: -		
State:		Post Code: -		
Date of Application: / /		Signature: -		
 to referee at as many novice in Please consult with your Refe Make sure your name is regist position/s you refereed at for upgrade. 	ult, you will then be able to be meets as you can. ree Coordinator or Head Refe tered with the Meet Director each meet, to ensure you ar	egin gaining referee experience by volunteering your time eree at meets, if there are any questions you may have. and State Referee Coordinator, as a Referee and which e allocated your sessions to be eligible for a referee grade your category at a State meet.		
1. Which events can be contested at CAPO sanctioned meets?				
2. List the age limitations for the	e following categories:			
Open	Submaster	Master 5		
Teenage 1	Master 1			
Teenage 2	Master 2			
Teenage 3	Master 3			
Junior	Master 4			
How many weight classes are List the weight classes for won				
How many weight classes are List the weight classes for men				
5. What does the lifter have to p	hat 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)
	List six causes for disqualification in the Squat:
	b
	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?
	List six causes for disqualification in the Bench Press: 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?
	List five causes for disqualification in the Deadlift: a. b. c. d.

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 adjustments of costume may be made 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?
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51.	List the officials required at a meet where National and/or World records can be set (2 lists please)
52.	Describe the four divisions available at CAPO sanctioned meets?
53.	What is the maximum supportive equipment that may be used in the various divisions?
<u>o</u>	FFICE USE ONLY
D	ate Examination received on: / / Date marked on: / /
N	umber of questions answered correctly: attempted:
E	kamination: Pass Fail (Please circle)
A	ssessing Officer's Name:
A	ssessing Officer's Signature: