

International Powerlifting Federation (IPF) Referee Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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SAMPLE

Questions

SAMPLE

- 1. Sweat bands must not exceed what width?**
 - A. 10 cm**
 - B. 12 cm**
 - C. 14 cm**
 - D. 16 cm**
- 2. What command is given to indicate the start of the deadlift?**
 - A. "Begin" from the head referee**
 - B. "Go" from the head referee**
 - C. "Lift" from the head referee**
 - D. "Start" from the head referee**
- 3. What is the primary purpose of an IPF referee during a powerlifting competition?**
 - A. To ensure all lifts are performed according to IPF rules**
 - B. To coach lifters during performances**
 - C. To manage competition logistics**
 - D. To promote sportsmanship among athletes**
- 4. In a powerlifting competition, which lifting attempt is scored?**
 - A. The highest lift in each category and the total of those**
 - B. The average of all successful lifts**
 - C. The lowest successful lift in each category**
 - D. All attempts made by the lifter regardless of their success**
- 5. The hole size in the middle of the disc must not exceed how many millimeters?**
 - A. 50mm**
 - B. 52mm**
 - C. 53mm**
 - D. 54mm**

- 6. When can a lifter change their attempt during a competition?**
- A. Only after their lift attempt has been completed**
 - B. Before their turn for that specific lift, but changes must be submitted to the chief referee**
 - C. After the call of their name by the announcer**
 - D. Anytime before the competition starts**
- 7. The decision to issue a yellow card can be made when?**
- A. When the depth is not adequate**
 - B. When feet move on the platform**
 - C. When the lifter fails to lock knees**
 - D. When the elbows touch the legs**
- 8. What is an "attempt card" used for in powerlifting?**
- A. A document to record the lifter's personal best.**
 - B. A document used by lifters to declare their attempt weights for each lift.**
 - C. A card to indicate the lifter's weight class.**
 - D. A certificate of participation for the lifter.**
- 9. What is the role of the head referee during a powerlifting lift?**
- A. The head referee provides support to the lifter**
 - B. The head referee gives the final commands to the lifter**
 - C. The head referee is responsible for counting the attempts**
 - D. The head referee monitors other referees**
- 10. When can a lifter make changes to their attempt during the competition?**
- A. Once the weight has been set for their next attempt**
 - B. Before the start of the competition**
 - C. During their warm-up period only**
 - D. As specified by the competition protocol**

Answers

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1. B
2. C
3. A
4. A
5. C
6. B
7. B
8. B
9. B
10. A

SAMPLE

Explanations

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1. Sweat bands must not exceed what width?

- A. 10 cm
- B. 12 cm**
- C. 14 cm
- D. 16 cm

The correct width for sweat bands is 12 cm. This regulation is established to ensure uniformity and fairness among competitors, as excess width could create an advantage or affect the uniform appearance required during competitions. Additionally, adherence to this guideline supports the integrity of the sport by promoting equal conditions for all lifters. By regulating the size of sweat bands, the IPF ensures that they serve their intended purpose without becoming a potential tool for unfair advantage or distraction during lifts. It's essential for all athletes and referees to be aware of this standard to uphold the competition's standards and requirements.

2. What command is given to indicate the start of the deadlift?

- A. "Begin" from the head referee
- B. "Go" from the head referee
- C. "Lift" from the head referee**
- D. "Start" from the head referee

The command given to indicate the start of the deadlift is "Lift" from the head referee. This command is crucial as it signals the lifter to initiate their attempt. It is clearly defined in the competition rules and is consistent with the commands used for other lifts in powerlifting. The use of "Lift" provides a straightforward, unambiguous cue that both the lifter and the audience can easily recognize as the moment when the lift officially begins. The emphasis on this specific command ensures uniformity across competitions and helps maintain the integrity of the lift execution process. This command aids in establishing a standardized communication system between lifters and referees, ensuring clarity in the lifting phase.

3. What is the primary purpose of an IPF referee during a powerlifting competition?

- A. To ensure all lifts are performed according to IPF rules**
- B. To coach lifters during performances**
- C. To manage competition logistics**
- D. To promote sportsmanship among athletes**

The primary purpose of an IPF referee during a powerlifting competition is to ensure that all lifts are performed according to the regulations established by the International Powerlifting Federation. This responsibility encompasses observing the lifter's technique, the equipment used, and the overall adherence to the required rules for each specific lift—squat, bench press, and deadlift. The referee's role is crucial in maintaining the integrity of the competition and ensuring a level playing field for all participants. By strictly enforcing the rules, the referee confirms that lifts meet the criteria for validity, which include proper form, completion of the lift, and timing considerations, among other technical aspects. This focus on rule adherence prevents any unfair advantages and promotes a fair competition environment. While coaching lifters, managing logistics, and promoting sportsmanship are significant aspects of a well-structured competition, they do not fall under the primary responsibilities of an IPF referee. The referee must prioritize compliance with the rules above all else to uphold the standards of the sport.

4. In a powerlifting competition, which lifting attempt is scored?

- A. The highest lift in each category and the total of those**
- B. The average of all successful lifts**
- C. The lowest successful lift in each category**
- D. All attempts made by the lifter regardless of their success**

In powerlifting competitions, the scoring is based on the highest lift achieved in each of the three categories: squat, bench press, and deadlift. Competitors aim to obtain their best possible lift in each category, which then contributes to their overall total score for the competition. The total score is the sum of these highest successful attempts. This method of scoring emphasizes that it is the highest successful lift that counts, aligning with the competitive goal of achieving maximum performance in each individual lift. This format is designed to reward lifters for their best efforts in each category, motivating athletes to focus on their strongest lift while competing. The other methods of scoring, such as averaging successful lifts or considering the lowest successful lift, do not reflect the typical competition structure in powerlifting, wherein the aim is to achieve the best performance possible in each specific lift, culminating in the total score that determines rankings. Furthermore, counting all attempts regardless of their success would undermine the competitive integrity by not validating the effectiveness of each lifter's performance.

5. The hole size in the middle of the disc must not exceed how many millimeters?

- A. 50mm**
- B. 52mm**
- C. 53mm**
- D. 54mm**

In powerlifting, the specifications for the equipment used, including the size of the discs, are crucial for ensuring fair competition and safety. The correct answer states that the hole size in the middle of the disc must not exceed 53 millimeters. This standard is established to accommodate the barbell's diameter, which ensures that the discs fit securely on the bar without wobbling or shifting during lifts. Using the correct hole size is essential not only for maintaining stability during the lift but also for uniformity across all equipment used in competitions sanctioned by the International Powerlifting Federation (IPF). Adhering to this standard helps uphold the integrity of the sport, as any deviation could lead to discrepancies in performance and measurement during competitions. In competitions, ensuring that all equipment meets IPF regulations is vital for fairness among athletes, and having the disc hole size properly specified is part of maintaining that standard.

6. When can a lifter change their attempt during a competition?

- A. Only after their lift attempt has been completed**
- B. Before their turn for that specific lift, but changes must be submitted to the chief referee**
- C. After the call of their name by the announcer**
- D. Anytime before the competition starts**

A lifter can change their attempt before their turn for that specific lift, as long as they submit the changes to the chief referee. This reflects the procedure established by the International Powerlifting Federation to allow lifters some flexibility in their strategy based on their performance and the competition's progression. It provides lifters with the opportunity to make adjustments based on their readiness, their previous lifts, and the competition environment, ensuring they are making informed choices in an important moment. The requirement to submit changes to the chief referee establishes an official procedure that maintains the competition's integrity and ensures that everyone is aware of the lifter's intentions. This rule underscores the importance of communication in the competition setting and emphasizes the necessity for lifters to adhere to established protocols. While a lifter cannot change their attempt after their lift attempt has been completed, or during the call of their name by the announcer, they do retain the right to strategize and adapt prior to their turn, ensuring they can compete effectively. Allowing changes only before the lifter's turn also maintains the orderly progression of the event.

7. The decision to issue a yellow card can be made when?

- A. When the depth is not adequate**
- B. When feet move on the platform**
- C. When the lifter fails to lock knees**
- D. When the elbows touch the legs**

A yellow card is typically issued by referees to indicate a minor infraction during a powerlifting competition. This card serves as a warning to the lifter about a specific fault that requires attention. In this context, the situation where a lifter's feet move on the platform during the execution of a lift is indeed a valid reason for issuing a yellow card. It suggests that the lifter may lose their balance or control, which is essential for maintaining proper technique and safety. While other aspects such as inadequate depth, failure to lock knees, or elbows touching the legs can be judged during a lift, they generally result in a white or red light decision concerning the lift's validity rather than warranting a yellow card for caution. The emphasis on foot movement is significant, as it directly relates to the lifter's stability and performance on the platform. Therefore, recognizing the movement of feet as a yellow card offense aligns with the regulations of maintaining proper form and safety during lifts.

8. What is an "attempt card" used for in powerlifting?

- A. A document to record the lifter's personal best.**
- B. A document used by lifters to declare their attempt weights for each lift.**
- C. A card to indicate the lifter's weight class.**
- D. A certificate of participation for the lifter.**

An attempt card is specifically designed for lifters to declare the weights they intend to attempt for each lift in a powerlifting competition. This crucial document helps to organize the competition by ensuring that the lifter's desired weights for the squat, bench press, and deadlift are recorded accurately before each attempt. The use of this card allows the referees and meet officials to understand and monitor the planned lifts, contributing to the smooth operation of the event. In addition to aiding officials, the attempt card serves as a communication tool between the lifters and the competition crew. Once the athlete submits their attempted weights, it solidifies their intent and allows for the logistics of the meet to be structured accordingly, helping to maintain order and clarity during the competition. The other options do not accurately describe the function of the attempt card—recording personal bests or indicating weight classes serve different purposes, and a certificate of participation is unrelated to the attempt process during the event.

9. What is the role of the head referee during a powerlifting lift?

- A. The head referee provides support to the lifter**
- B. The head referee gives the final commands to the lifter**
- C. The head referee is responsible for counting the attempts**
- D. The head referee monitors other referees**

The role of the head referee during a powerlifting lift is central to ensuring that the competition runs smoothly and under the established rules. Giving the final commands to the lifter is a critical responsibility as it helps establish the official beginning of the lift, indicating when the lifter can start their attempt. This command sequence typically includes "Squat," "Start," and "Rack," which instruct the lifter throughout different phases of the lift. The clarity and authority of the head referee's commands are essential for fair competition, as all lifters must adhere to the same process to ensure consistency in their attempts. This role also includes maintaining the integrity of the lift and ensuring that all rules regarding the execution are followed, as improper commands may lead to confusion or disruption during the lifting attempts. The head referee's leadership contributes to the overall integrity of the competition, helping ensure that all lifters have a fair chance to perform their best under the same set of guidelines.

10. When can a lifter make changes to their attempt during the competition?

- A. Once the weight has been set for their next attempt**
- B. Before the start of the competition**
- C. During their warm-up period only**
- D. As specified by the competition protocol**

In powerlifting competitions governed by the International Powerlifting Federation (IPF) rules, a lifter has the opportunity to change their attempt during specific points in the event. The correct answer indicates that changes can only be made once the weight has been set for their next attempt. This means that after a lifter has completed their current attempt, they can adjust the weight they plan to lift next before the official call for that attempt is made. This rule allows lifters to adapt their strategy based on their previous performance in the competition, ensuring they can make informed decisions about their next lifts. The other options highlight moments that do not pertain to the lifter's ability to change their attempt. Changes made before the competition or during the warm-up period do not apply to setting attempts in the official lifts sequence. The competition protocol outlines the flow of the event, but it is specifically controlled by the attempt setting process that allows adjustments only after the previous lift has been finalized. Understanding this timing is crucial for a lifter's strategy and performance during the competition.