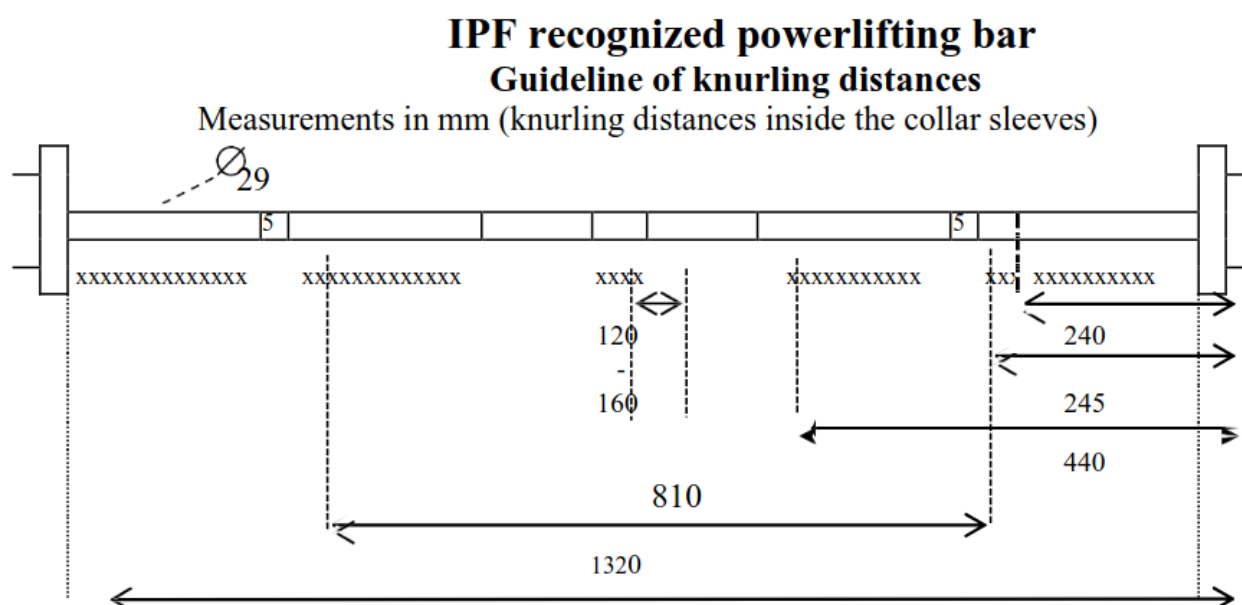


Minimum Equipment Requirements in Heavy Metal Athletic Gyms:



Length of BARBELL: no more than 220 cm or 7' 3"
HEAVY METAL ATHLETIC allows 7" (213cm) barbells as well.

SQUAT RACK:

1. Only Squat Racks from commercial Manufacturers officially registered and approved by the Technical Committee shall be permitted for use in International Powerlifting Championships.
2. The squat racks shall be designed to adjust from a minimum height of 1.00 m (40 inch) in the lowest position to extend to a height of at least 1.70 m (80 inch in HEAVY METAL Gyms) in 2.5cm (1 inch) increments.
3. All racks must be capable of being secured at the required height by means of pins

BENCH:

Only Bench Racks and Benches from Commercial Manufacturers officially registered and approved by the Technical Committee shall be permitted for use in International Powerlifting Championships.

The bench shall conform to the following dimensions:

1. Length - not less than 1.22 m and shall be flat and level.
2. Width - not less than 29 cm and not exceeding 32cm. HEAVY METAL demands one foot or 30.5 cm
3. Height - not less than 42 cm and not exceeding 45 cm measured from the floor to the top of the padded surface of the bench without it being depressed or compacted. The height of the uprights, which must be adjustable, shall be a minimum of 75 cm to a maximum of 110 cm measured from the floor to the bar rest position. HEAVY METALS demands 17 inches or 43.2 cm
4. Minimum width between insides of bar rests shall be 1.10 m. HEAVY METAL demands 44 inches or 111.75cm.
5. The head of the bench shall extend 22 cm or 9" (beyond the center of the uprights with a tolerance of 5 cm (2") either way.
6. Attached safety stands must be used in all events. Minimum Height of Safety Racks shall be 50cm, having 10 holes in increments of 2.5 cm and 50 cm in length.

DISCS:

1. All discs used in competition must weigh within 0.25 percent or 10 grams of their face value.

Face Value in KG	Maximum	Minimum
25.0	25.0625	24.9375
20.0	20.05	19.95
15.0	15.0375	14.9625
10.0	10.025	9.975
5.0	5.0125	4.9875
2.5	2.51	2.49
1.25	1.26	1.24
1.0	1.01	.99
.5	.51	.49
.25	.255	.245

2. The hole size in the middle of the disc must not exceed 53 mm or be less than 52mm (2").
3. Discs must be within the following range: 1.25 kg, 2.5 kg, 5 kg, 10 kg, 15 kg, 20 kg, and 25kg.
4. For record purposes, lighter discs may be used to achieve a weight of at least 0.25 kg 0.5 kg 1.0 kg, 1.5 kg or 2 kg more than the existing record.
5. Discs weighing 20 kg and over must not exceed 6 cm in thickness. Discs weighing 15 kg and under must not exceed 3 cm in thickness.
6. Discs must conform to the following color code: 10kg and under - any color, 15kg - yellow, 20kg – blue, 25kg – red.
HEAVY METAL uses white 5kg disks and green 10kg disks of Olympic sizes.
7. All discs must be clearly marked with their weight and loaded in the sequence of heavier discs innermost with the smaller discs in descending weight arranged so that the referees can read the weight on each disc.
8. The first and heaviest discs loaded on the bar must be loaded face in; with the rest of the discs loaded face out.
9. The diameter of the largest discs shall not be more than 45 cm.
Discs must be within the following range:
1.25 kg, 2.5 kg, 5 kg, 10 kg, 15 kg, 20 kg, and 25kg.

Collars shall always be used and must weigh 2.50 kg each.

PLATFORM:

All lifts shall be carried out on a platform measuring between 2.5 m x 2.5 m minimum and 4.0 m x 4.0 m maximum. (100" x 100" up to 157" x 157")

It must not exceed 10 cm (4") in height from the surrounding stage or floor. The surface of the platform must be flat, firm and level and covered with a material of non-slip smooth carpet (i.e. free from irregularities and projections).

Rubber matting or similar sheeting materials are not permitted.

SCALES:

Scales must be of an electronic digital type and register to the second place of decimals. They must have the capacity to weigh up to 180 kg (400 lbs). A scales certificate to accompany the scales must be current to within one year of the date of the competition.

International contests use the METRIC SYSTEM only. Regional contests may use Imperial systems which is valid only in the USA, Liberia, and Myanmar on the date of printing.