

NASA National Referee Exam

120 Questions (4 pages)

Name: _____ NASA Membership Expires: _____

Address: _____

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Directions: Use **Yellow Highlight** to mark your answers. All answers are **True** or **False**.

T F (1) There are 12 weight class for men:

114.5, 123.25, 132.25, 148.75, 165.25, 181.75, 198.25, 220.25, 242.50, 275.50, 308.50, SHW
and 10 weight classes for women:

97.0, 105.5, 114.5, 123.25, 132.25, 148.75, 165.25, 181.75, 198.25, 198.25+.

T F (2) The three lifts for a full power meet are in order, Bench Press, Squat and Deadlift.

T F (3) All lifts have starting and finishing commands and hand signals.

T F (4) It is only the Head Judges responsibility to make sure the bar is loaded correctly.

T F (5) Lifters and coaches must give all first attempts in kilos and in pencil at weigh-in.

T F (6) Wraps must be worn on elbows, wrists and knees.

T F (7) Socks that cover the shins must be worn for all lifts.

T F (8) The lifts included in a Power Sports meet are in order, Squat, Curl, Bench, and Deadlift.

T F (9) A lifter may change his/her attempt at anytime.

T F (10) A lifter's coach can coach from anywhere around the platform.

T F (11) A side judge may position themselves anywhere around the platform to get the best look at a lift when judging.

T F (12) A lifter must wear a belt.

T F (13) Lifters progress within a flight by their bodyweight.

T F (14) A lifter must wear a shirt in Squat and Bench only.

T F (15) All lifters who are tied in total must be re-weighed to determine placings.

T F (16) When using the round system, ALL lifters in a flight(group of lifters) will complete all three attempts before the next flight does any attempts.

T F (17) On the bench press, a lifter can space his/her hands as narrow or as wide as needed.

- T F (18) A lifter must wear a lifting suit, shoes and a standard brief at all competitions with the exception of youth lifters and designated HS meets.**
- T F (19) During the Curl, a lifter may have a slight arc in their back during the lift when the weight is equal to or exceeds their bodyweight.**
- T F (20) Any errors in loading or scorekeeping should be declared by the lifter, IMMEDIATELY, to the head Referee.**
- T F (21) Outstanding lifters are determined by a mathematical formula as follows: Total pounds lifted divided by bodyweight in pounds multiplied by a specific coefficient for each bodyweight.**
- T F (22) When wearing wrist wraps, a lifters may keep the thumb loops on when lifting.**
- T F (23) Bodyweight class limits shall be posted near the weigh-in scale.**
- T F (24) Shirts, shorts, shoes and socks may be any color or combination of colors.**
- T F (25) Lifters and/or coaches may ask the judges why a lift was turned down.**
- T F (26) In order for a lifter to win a NASA classification award or set a NASA record of any type, the meet MUST be NASA sanctioned.**
- T F (27) Wrist wraps may not exceed 3 feet 3 inches (1M) in length.**
- T F (28) Lifters must wait for a command to begin the lift in the Curl, Squat, Bench and Deadlift.**
- T F (29) In the Squat, the lifters must wait “ in the hole” until the command “UP” is given.**
- T F (30) Regardless of what a lifter’s bodyweight is at weigh-in, he/she may lift in the next higher weight class if they wish.**
- T F (31) A lifter may make alterations to his/her suit, as long as it meets NASA’s standards.**
- T F (32) Knee wraps may not exceed 6 feet 6 inches or 2M in length.**
- T F (33) High School meets may use pounds sets but all records MUST be rounded down to the nearest Kilo for American Records to be set.**
- T F (34) The commands for the Curl are curl, down and rack.**
- T F (35) The lifter must face the front of the platform during the Squat and Deadlift.**
- T F (36) Maximum allowed width of a belt used in competition is slightly less than 4 inches(10cm).**
- T F (37) Lifters may wear only one shirt and one suit at a time during the meet.**
- T F (38) Wrist wraps may not exceed 4 inches in width (10cm).**
- T F (39) A lifter who sets an American or World Record must have their equipment checked by a NASA official before they leave the platform for the record to be good.**
- T F (40) A lifter may wear a T-shirt and shorts at designated High School meets.**

- T F (41) In the Squat, legal depth is defined as the point at which the top of the leg at the hip joint descends below the top of the knee.**
- T F (42) Lateral foot movement is allowed during any lift.**
- T F (43) The lifter must always face the Head referee.**
- T F (44) If a disagreement occurs concerning a ruling of a lift, the meet should be stopped to discuss it with the Head Referee.**
- T F (45) A lifter can wear any type of shoe.**
- T F (46) Baby powder, poll chalk, liquid chalk, resin, talc, or magnesium carbonate are the only allowed substances to be added to the body or attire.**
- T F (47) During the Bench Press, the lifter may use any hand grip width on the bar.**
- T F (48) Baby powder can be used anywhere around the platform.**
- T F (49) Male lifters must be weighed-in by male officials in private.**
- T F (50) During the Deadlift, the lifter may use any combination handgrip (over or under) on the bar.**
- T F (51) A lifter may not have any downward movement of the bar during any of the lifts.**
- T F (52) A lifter cannot wrap or adjust his/her attire on the platform.**
- T F (53) During the Bench Press, the lifter may raise his/her head during the lift.**
- T F (54) The use of ammonia capsules are allowed on, or anywhere around, the platform.**
- T F (55) Head slapping is legal in the vicinity of the platform.**
- T F (56) During the Squat, you must keep your hands wrapped around the bar and closed.**
- T F (57) During the Curl, a lifter may thrust his/her hips forward to start the lift.**
- T F (58) If a lifter completes the Curl, Squat, or Bench and does not rack the bar before the start command is given, the referee may give them the command to start the lift over.**
- T F (59) All seated officials must be either NASA, AAU, or IPF certified.**
- T F (60) During the Squat, a lifter may grip the sleeves on the bar or put his hands on the plates.**
- T F (61) The starting command for the Bench Press is handclap or a verbal command of "PRESS".**
- T F (62) A lifter does not have to have his/her suit straps up when they Bench Press.**
- T F (63) During the Bench Press, A lifter may not bounce the weight off of his/her chest.**
- T F (64) If a lifter's attempt is miss-loaded heavy and the attempt is successful, he/she will be granted the lift with the actual weight.**

- T F (65) Ballet shoes are illegal in NASA.**
- T F (66) During the Bench Press, the lifter must wait for the "Press" command, and a verbal command "RACK" to place the bar back in the rack.**
- T F (67) Indoor or astro-turf shoes are legal.**
- T F (68) During the Deadlift, the lifter cannot start the lift until the Head referee gives him/her a start command and a hand signal.**
- T F (69) Only the lifter, the three officials and the spotter/loaders are allowed on or near the platform during an attempt.**
- T F (70) If a lifter's attempt is miss-loaded light and the attempt is successful, the lifter has the option of accepting the lift or going up to the correct weight.**
- T F (71) Team point scoring for other than National Championships shall be by The first five places with points awarded as follows: 7,5,3,2,1.**
- T F (72) If teams tie in points, the team which has the most first places will win. If both teams have the same number of first places, the team with the most second places will win, and so on.**
- T F (73) Teams may consist of no more than 2 lifters per weight class that can score points.**
- T F (74) Teams may consist of up to 10 members for points.**
- T F (75) If a lifter approaches the platform in slightly improper attire, he/she must be stopped from lifting , regardless of the reason.**
- T F (76) A lifter has 2 minutes from the time he/she is called to the platform to begin the lift.**
- T F (77) A lift must be turned down for improper attire.**
- T F (78) Any threats, physical or verbal, towards any Referee will result in Disqualification of that lifter.**
- T F (79) A lifter may wear extra clothes to move up a weight class.**
- T F (80) Once a lifter has made weight within the limits of his/her weight class, he/she may return to the scales to reweigh to further reduce his/her weight.**
- T F (81) Shoes are defined as any foot apparel with a molded sole or foot outline.**
- T F (82) All attempts that must be repeated due to an error by the announcer or in loading of the bar must be taken at the end of the round in which occurred.**
- T F (83) Usually each flight is composed of a single weight class or a combination of weight classes so that each flight consist of as many lifters as possible.**
- T F (84) A lifter may wear only one pair of socks..**

- T F (85) A High School lifter wishing to lift in a sanctioned meet is required to purchase a NASA membership.**
- T F (86) Spotters/loaders may aid the lifter in removing and replacing the bar from/on the racks. They may not aid the lifter in any way during the lift, except when safety is concerned.**
- T F (87) Orthopedic knee braces may be worn along with knee wraps in competition.**
- T F (88) Anyone associated with powerlifting is eligible to take the NASA Referee test as long as they are a current NASA member.**
- T F (89) All equipment should be checked by the meet director or meet officials prior to the beginning of the meet to assure that it meets standard dimensions as defined in the rule book.**
- T F (90) All lifting suits, shirts, shoes, belts, wraps, etc., are subject to inspection.**
- T F (91) A lifter or coach who use abusive language towards or strikes any meet official is automatically disqualified from the meet.**
- T F (92) All lifters in the same weight class must lift on the same platform, using the same equipment and judged by the same officials.**
- T F (93) A lifter may wear a hat on the platform during his/her lifts.**
- T F (94) The commands for the curl are “Curl” and “Down”.**
- T F (95) A lifter may wear any type of underwear in place of an athletic supporter.**
- T F (96) Canvas bench shirts and squat suits are allowed in NASA meets.**
- T F (97) The thumbless bench press grip and the reverse grip are allowed in Power Sports and in Powerlifting.**
- T F (98) A lifter who fails one of three valid attempts in any of the lifts is allowed to change his/her division and still set records.**
- T F (100) Female lifters must be weighed-in by female officials.**
- T F (101) For an American record to be certified, official NASA referees must be judging.**
- T F (102) A fourth attempt may be taken to set an American record.**
- T F (103) Knee wraps are allowed in both Power Sports and in Powerlifting.**
- T F (104) In order for a fourth attempt to be taken, the lifter needs to make a successful third attempt.**
- T F (105) All records must be forfeited if a lifter bombs out of the meet.**
- T F (106) Any lifter that breaks an American record MUST have a current NASA membership before making the attempt.**
- T F (107) The heaviest plate must be turned inward, while the other plates are placed outwards.**

- T F (108) Hand signals and voice commands are given on all lifts.**
- T F (109) Double and Triple-ply equipment is not allowed in NASA meets.**
- T F (110) The current National or World Cup Champion in any division or weight class is exempted from qualifying for the following year's National Championships.**
- T F (111) Groove brief and erector shirts are not allowed in NASA meets.**
- T F (112) A lifter must initial his/her weigh-in card along with the official at weigh-in.**
- T F (113) All weight plates must be clearly marked as to their actual weights to 1/10 pound or 1/10 kilogram.**
- T F (114) Teams lists may be submitted after the weigh-in, but before the beginning of the lifting on the first day of the meet.**
- T F (115) A fourth attempt may be taken to set an American or World record Only if the fourth attempt is within reasonable, approximately 10 kilos/22 pounds, proximity of the present record.**
- T F (116) The lifting order for a Meet which offers Power Sports is Curl, Squat, Bench Press and Deadlift.**
- T F (117) All lifters, coaches and referees must be familiar with the NASA rules.**
- T F (118) If a spotter/loader accidentally touches the bar during an attempt and the lifter misses the lift, the lifter may be granted another attempt, at the option of the head referee.**
- T F (119) A lifting belt may have padding in it as long as it came from the manufacture that way.**
- T F (120) The order of the weights in the racks on each side of the platform are Red, Silver, Yellow, Green, Blue and Gold. and the Record Breaker weights are under each rack.**

Return Test To:

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