

IPO / AIPO National Referee Training Program

Pathway to Becoming an IPO / AIPO National-Level Referee

To become an IPO / AIPO National Referee, candidates must complete the referee training process within a **maximum period of two (2) years**. This period begins from the **date of the first IPO-sanctioned competition** that the candidate shadows.

The process may be completed in a shorter time frame if the candidate is able to attend and participate in a higher number of IPO-sanctioned competitions.

Training Overview

Throughout the training process, candidates will be required to:

- Shadow and assist experienced senior referees
- Answer rule-based questions related to the **WPC Rule Book**
- Make adjudication decisions on lifts during competition
- Demonstrate increasing levels of confidence, accuracy, and professionalism

Once all practical requirements are completed, candidates must successfully complete a **written examination** based on the **WPC Rule Book & Affiliated International Rule Books**.

Practical Requirements

Squat Adjudication

1. First Competition

- Shadow a senior referee for a **full flight of at least 45 squats**
- The senior referee will provide guidance and feedback
- You may be asked:
 - Whether a lift is good or no lift
 - To explain your reasoning based on the rules

2. Second Competition

- Shadow a referee while independently making decisions on selected lifts
- The senior referee will question and assess your decisions
- You must adjudicate a **minimum of 45 squats**

3. Third Competition

- Adjudicate a **minimum of 45 squats**
- Act as **Centre Referee**
- You must demonstrate:
 - Full confidence in decision-making
 - Clear and loud voice projection
 - Proper visual commands
 - Strong knowledge of the rules
 - Ability to clearly explain decisions to lifters when required

Bench Press & Deadlift Adjudication

- The same **three-stage progression** applies to both bench press and deadlift
- Each lift requires completion over **three competitions**
- These requirements **may be fulfilled at single-lift competitions**

Final Assessment

Once all practical requirements and the written examination have been successfully completed:

- Your training performance will be reviewed
- You will be notified of your result
- Successful candidates will be officially recognized as an **IPO / AIPO National Referee**

All candidates you can begin your training immediately by reading over the **Rule Book**

To reregister please E Mail: Irishpowerliftingorganisation@yahoo.com