

USA Powerlifting State Referee Exam - Practical Scoresheet

Candidate Name: _____ Email: _____

Candidate Address (City, State): _____ Phone: (____) _____

Practical Exam Date: ____/____/____ Written Exam Complete Member #: _____ Member Exp. Year: ____

Event Name: _____ Event Sanction #: _____

Examiner **agrees** with decision:

Examiner **disagrees** with decision:

Notes: 1) Only completed attempts where a referee judgment is required are to be scored on this exam sheet. 2) Exam is to take place in the vicinity of the side referee position.

Squat (40 attempts)

| | | | | | | | | | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|--|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | |
| | | | | | | | | | | | | | | | | | | | | |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | |
| | | | | | | | | | | | | | | | | | | | | |

Examiner: _____ Nat. Cat. 2 Cat. 1

Bench Press (30 attempts)

| | | | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| | | | | | | | | | | | | | | |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| | | | | | | | | | | | | | | |

Examiner: _____ Nat. Cat. 2 Cat. 1

Deadlift (30 attempts)

| | | | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| | | | | | | | | | | | | | | |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| | | | | | | | | | | | | | | |

Examiner: _____ Nat. Cat. 2 Cat. 1

Enter the number of attempts examiner disagreed with [X] candidate's call as "# Missed" below:

Missed SQ: _____ + # Missed BP: _____ + # Missed DL: _____ = Total missed: _____

Equipment Check: observed Weigh-In: observed Drug Testing: observed

State Practical Exam

Must Submit Results Within 24 Hours At: usapowerlifting.com/technical