

International Federation Comparisons

SQUAT					BENCH PRESS				DEADLIFT	PROTOCOLS		
Feds	SQ Bar	Monolift	Knee Wraps	Knee Sleeves	Head Up	Heels Up	Suicide Grip	Reverse Grip	DL Bar	Weigh Ins	Tested	Untested
365 SWPF	✓	✓	3.0m	✓	✓	✓	✓	✓	✓	24 hr	✓	✓
IPL	✓	✗	2.5m	✓	✓	✓	✓	✓	✓	24 hr	✗	✓
WDFPF	✗	✗	✗	✗	✗	✗	✓	✓	✗	2 hr	✓	✗
IPF	✗	✗	✗	✓	✗	✗	✗	✗	✗	2 hr	✓	✗
IPO	✓	✓	2.5m	✓	✓	✓	✓	✓	✓	24 hr	✗	✓
IPA	✓	✓	2.5m	✓	✓	✓	✓	✓	✓	24 hr	✓	✓
WPA	✓	✓	3.5m	✗	✓	✓	✓	✓	✓	2 hr	✗	✓
GPA	✓	✓	2.5m	✓	✓	✓	✓	✓	✓	24 hr	✗	✓
GPC	✓	✓	2.5m	✓	✓	✓	✓	✓	✓	24 hr	✗	✓
WPC	✓	✓	2.5m	✓	✓	✓	✓	✓	✓	24 hr	✓	✓
WUAP	✓	✓	2.5m	✓	✓	✓	✓	✓	✗	24 hr	✓	✓