

# TABLE OF CONTENT

## PARAGRAPHS PAGES

|     |                                       |       |
|-----|---------------------------------------|-------|
| 1.  | Basic Rules                           | 02    |
| 2.  | Eligible for competition              | 02    |
| 3.  | Special Medical Condition             | 02    |
| 4.  | Classification                        | 02    |
|     | Women                                 | 02    |
|     | Men                                   | 03    |
|     | Additions                             | 03    |
| 5.  | Events                                | 03-04 |
| 6.  | Bench press                           | 04-05 |
| 7.  | Causes for disqualification           | 06    |
| 8.  | General Rules                         | 06-07 |
| 9.  | World Records                         | 07-08 |
| 10. | Jury                                  | 09-10 |
| 11. | Referees                              | 10-12 |
| 12. | Weigh-in                              | 12-14 |
| 13. | Costume                               | 15-19 |
| 14. | Equipment and Specifications          | 19-23 |
| 15. | Order of competition                  | 23-29 |
| 16. | Results of competitors & countries    | 29-30 |
| 17. | Qualifying standards                  | 31-33 |
| 18. | Qualifications and exams for referees | 34-36 |
|     |                                       |       |

|            |                              |  |
|------------|------------------------------|--|
| Additional | Medical Classification Rules |  |
|------------|------------------------------|--|

## 1. BASIC RULES.

- 1.1. Throughout these rules, the masculine should be read to include the feminine and vice versa.
- 1.2. Sports rules cannot be amended between Paralympic Games.
- 1.3. A doping test fee must be paid by all competitors.

## 2. ELIGIBLE FOR COMPETITION.

With reference to the by-laws regarding the Classification Rules Powerlifting.

- 2.1. Eligible for competition are Amputee classes A1 to A4.
- 2.2. Eligible for competition are Les Autres classes with minimum handicap.
- 2.1. Eligible for competition are Cerebral Palsy classes.
- 2.4 Eligible for competition are Spinal Cord Injury classes.

## 3. SPECIAL MEDICAL CONDITION.

- 3.1. The competitor must have the ability to fully extend the arms with no more than a 20-degree loss of full extension on either elbow to make an approved lift according to the rules. A Medical Doctor/Classifier must be present permanently at the venue during the competitions.
- 3.2. Doctors and athletes are reminded of the special medical conditions referred to in paragraphs 6.1.4. – 6.5. – 8.3. – 8.3.1. – 8.3.2. – 8.4. – 8.4.1. and 8.4.2.

## 4. CLASSIFICATION.

4.1. There are 10 categories of competitors. All competitions under the IPC Powerlifting must follow these bodyweight categories without re-arranging the order of the competitions.

4.2. Bodyweight categories - **WOMEN:**

|                        |                      |
|------------------------|----------------------|
| - 40.00 kg class up to | 40.00 kg             |
| - 44.00 kg class from  | 40.01 kg to 44.00 kg |
| - 48.00 kg class from  | 44.01 kg to 48.00 kg |
| - 52.00 kg class from  | 48.01 kg to 52.00 kg |
| - 56.00 kg class from  | 52.01 kg to 56.00 kg |
| - 60.00 kg class from  | 56.01 kg to 60.00 kg |
| - 67.50 kg class from  | 60.01 kg to 67.50 kg |
| - 75.00 kg class from  | 67.51 kg to 75.00 kg |
| - 82.50 kg class from  | 75.01 kg to 82.50 kg |
| + 82.50 kg class from  | 82.51 kg and over    |

### 4.3. Bodyweight categories - **MEN**:

|                        |                    |           |
|------------------------|--------------------|-----------|
| - 48.00 kg class up to | 48.00 kg           |           |
| - 52.00 kg class from  | 48.01 kg to        | 52.00 kg  |
| - 56.00 kg class from  | 52.01 kg to        | 56.00 kg  |
| - 60.00 kg class from  | 56.01 kg to        | 60.00 kg  |
| - 67.50 kg class from  | 60.01 kg to        | 67.50 kg  |
| - 75.00 kg class from  | 67.51 kg to        | 75.00 kg  |
| - 82.50 kg class from  | 75.01 kg to        | 82.50 kg  |
| - 90.00 kg class from  | 82.51 kg to        | 90.00 kg  |
| - 100.00 kg class from | 90.01 kg to        | 100.00 kg |
| + 100.00 kg class from | 100.01 kg and over |           |

### 4.4. Additions to the bodyweight will be made for **amputees** as follows:

- for each through ankle amputation:  
½ kg up to – 67.50 kg                      ½ kg from + 67.5 kg up to + 100 kg
- for each below knee amputation:  
1 kg up to – 67.50 kg                      1 ½ kg from + 67.5 kg up to +100 kg
- for each above knee amputation:  
1 ½ kg up to – 67.50 kg                      2 kg from + 67.5 kg up to + 100 kg
- for each hip disarticulation:  
2 ½ kg up to – 67.50 kg                      3 kg from + 67.5 kg up to + 100 kg

## 5. **EVENTS.**

**5.1.** Men and women's competition in each bodyweight category.

**5.2.1.** At Paralympic Games, World Championships, Continental Championships and Games each nation is allowed, per Disability Group, a maximum of 10 competitors spread throughout the range of the 10-bodyweight categories for men and 10 competitors throughout the range of the 10-bodyweight categories for women. There must not be more than 3 competitors from any one nation in any particular bodyweight category with a maximum of 2 per disability group. **For example:** 2 spinal cord injured + 1 amputee or 1 spinal cord injured + 2 amputees or 2 amputees + 1 cp, etc.

**5.2.2.** At World and Continental Championships each nation is allowed a maximum of **10 Junior** competitors spread throughout the range of the 10 bodyweight categories for **men** and **10 Junior** competitors throughout the range of the 10 bodyweight categories for **women**. There must not be more than 2 competitors from any nation in any particular bodyweight category.

**5.3.** The competitors become eligible to compete in this sport the day of their **14th birthday**.

**5.3.1.** Men-Women Open from the day he reaches 14 years and upwards (no category restrictions need apply).

5.3.2. Men-Women Junior from the day he reaches 14 years and upwards to his birthday of 23 years.

5.4. The final ranking shall be calculated in accordance with the best valid lift, accepted as correct by the referees. Only three attempts are permitted. Any extra attempt outside the competition cannot be included in the final result.

## 6. BENCHPRESS FOR DISABLED ATHLETES.

### 6.1.1. Les Autres and Spinal Cord Injured.

The lifter must assume the following position on the bench, which must be maintained during the complete lift: shoulders (*hair must not restrict the view*), buttocks, legs and feet extended on the official bench. An exception (must be ratified) could be accepted for medical reasons.

### 6.1.2. Cerebral Palsy.

The lifter must assume the following position on the bench, which must be maintained during the complete lift: shoulders (*hair must not restrict the view*), buttocks, legs and feet extended on the official bench. Flexed legs supported by an approved wedge must be ratified.

### 6.1.3. Amputees.

The lifter must assume, the following position on the bench, which must be maintained during the complete lift: shoulders (*hair must not restrict the view*), buttocks on the official bench. As far as possible, depending on the amputations, leg(s) and foot or prosthesis extended on the official bench.

6.1.4. Lifting with prosthesis is allowed and orthosis with shoes will be allowed for les Autres and Spinal Cord Injured.

### General rules.

6.2. The bar shall be placed across the lifter, on the stands, and will be horizontal.

6.3. The **spacing** of the hands shall not exceed **81 cm** measured between the forefingers.

6.4. The lifter must grip the bar with the thumbs around grip.

6.5.1. Any lifter is allowed to be strapped to the bench with the official strapping belt or with his personal strapping belt. Maximum width of any strapping belt is **10 cm**.

6.5.2. To hold the legs for balance and to restrain involuntary movement's lifters will be allowed to use maximum two (2) strapping belts.

6.5.3. Strapping is allowed on the legs from the ankles to the hips and as low as possible for amputees without hips.

- 6.6. Strapping of the legs must be done by the lifter himself, the coach or the spotter/loaders under the supervision of the referees.
- 6.7. Only the official spotter/loaders are allowed to help the lifter to remove the bar from the racks.
- 6.8.1. Not more than four and not less than three spotter/loaders shall be in attendance. The lifter may enlist the help of the spotter/loaders in removing the bar from the racks but the lift off must be to arms length and not down to the chest.
- 6.8.2. After receiving the bar at arms length, the lifter shall wait with elbows locked for the Chief Referee's signal. The signal shall be given as soon as the lifter is motionless and the bar properly positioned.
- 6.9. The signal shall consist of a **downward movement with the hand** and the **audible command "start"**.
- 6.10. After receiving the signal, the lifter must lower the bar to the chest, **hold it motionless on the chest** and then press it upwards with an even extension of the arms to arms length. When held motionless in this position the audible signal "**rack**" shall be given together with a backward movement of the arm.
- 6.11. The coach is allowed to help his competitor on arrival or leaving the platform. During the lift coaches shall remain within the designated coaching area as defined by the Jury or Technical Controller in charge.
- 6.12. From calling the name, country and weight until the start signal the competitor has two (2) minutes. A second call and signal marks the last minute.

**Remark:**

If a lifter is following himself (e.g. fourth record attempt), he shall receive three (3) minutes instead of two (2) minutes to make his next attempt.

- 6.13. On the completion of an attempt, a lifter shall leave the platform within 30 seconds after he has left the bench. Failure to comply with this rule may result in disqualification of an attempt at the discretion of the referees.
- 6.14. The lifter or the coach will be allowed **one minute** to indicate the next attempt to the appointed **Marshall**. The one-minute starts at the moment the lifter has left the bench, at the discretion of the Marshall.

## 7. CAUSES FOR DISQUALIFICATION.

- 7.1. Failure to observe the referee's signals at the commencement or completion of the lift.
- 7.2. Any change in the elected lifting position during the lift proper, e.g. shoulders, buttocks or feet from their original points of contact with the bench, or lateral movement of the hands on the bar.
- 7.3. Heaving, bouncing or sinking the bar after it has been motionless on the chest.
- 7.4. Any uneven extension of the arms during the lift.

### **Note:**

*The lifter's arms must extend at the same rate/speed and the elbows lock out together, however, the bar need not be complete horizontal.*

- 7.5. Any downward movement of the bar in the course of being pressed out.
- 7.6. Failure to press the bar to full extension of the arms at the completion of the lift.
- 7.7. Contact with the bar by spotter/loaders between the Chief Referee's signals.
- 7.8. Deliberate contact between the bar and the bar rest supports during the lift in order to make the press easier.
- 7.9. Passed time.
- 7.10. Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualifications.

## 8. GENERAL RULES.

- 8.1. The referees must count as no lift any unfinished attempt with any apparent effort.
- 8.2. The IPC Powerlifting Passport must be presented at the weigh-in. Lifters without the IPC Powerlifting Passport will be penalised **100** (one hundred) **Euro**.
- 8.3. If the competitor cannot fully stretch his arms resulting from anatomical deformation of his elbow he must report this fact:
  - 8.3.1. On his IPC Powerlifting Passport.
  - 8.3.2. To the three **referees** and the **Jury** before the beginning of each attempt during the competition.
- 8.4. If the competitor cannot fully stretch his legs resulting from anatomical deformation or neurological disease he must report this fact:

- 8.4.1. On his IPC Powerlifting Passport.
- 8.4.2. To the three **referees** and the **Jury** before the beginning of each attempt during the competition.
- 8.5. The use of cushions under knees is not allowed for other than CP lifters (wedge).

## 9. **WORLD RECORDS.**

- 9.1. At Paralympic Games, World Championships, Continental Championships and authorized international tournaments as well as National Championships, world records shall be accepted without weighing the barbell or lifter, provided that the lifter had weighed in correctly before the competition and that the referees or the appointed Technical Committee had checked the weight of the barbell and the discs before the competition.
- 9.2. The lifter shall present himself for inspection by the three **referees or Jury** immediately after he is successful in a world record attempt. If the lifter is found to be wearing illegal wraps or clothing, the lift shall be declared invalid and the lifter shall be disqualified from the competition.
- 9.3. Requirements for recognition of a world record are as follows:
  - 9.3.1. The competition must be held under the sanction of a national federation affiliated to the International Paralympic Committee.
  - 9.3.2. Each of the adjudicating referees must hold an International Referee's Card and be a member of a national federation affiliated to the International Paralympic Committee. The Jury may replace Category 2 with Category 1 in cases of world records.
  - 9.3.3. The good faith and competence of referees of all member nations is beyond dispute. Consequently referees of the same nation can assure a world record.
  - 9.3.4. World records made at any competition can only be accepted if drug testing was carried out on the lifter. With the sole exception of Paralympic Games, World and Continental Championships, for all competitions providing world record attempts there must also be a written permission of the IPC Chairperson Powerlifting.
- 9.4. At all competitions, the following additional requirements to those listed in paragraphs 9.2. and 9.3. are also required:
  - 9.4.1. Immediately after a successful record, the three referees must weigh the barbell and record its precise weight. They must also prepare a list of the individual weights of the barbell and every disc used in the successful attempt.
  - 9.4.2. The three referees must sign a written report affirming on their honour that the information given to the following requirements is correct:
    - a. The name of the lifter.
    - b. The name of the lifter's nation.

- c. The title, venue and date of the competition.
  - d. The lifter's bodyweight.
  - e. The weight of the barbell and individual discs.
  - f. That the scales were certified accurate within the last six months preceding the record attempt.
  - g. A copy of the official score sheet must accompany the record application.
  - h. Copy of the meet sanction.
- 9.4.3. On the completion, the President of the Jury or the Chairperson of the National Powerlifting Committee must sign the record application.
- 9.4.4. The Secretary of the National Federation must sign this report.
- 9.4.5. The original report must be sent to the IPC Chairperson Powerlifting.
- 9.4.6. The record will be ratified only if the IPC Chairperson Powerlifting has received the written report within the specified time limit of **one month**.
- 9.4.7. The written report with the results of the doping control must be sent to the IPC Chairperson Powerlifting as soon as possible after the result of test is known.
- 9.5. When a lifter has succeeded in his third attempt with a lift that falls within 10 kg of a current world record, he may at the discretion of the Jury or the Chief Referee in the absence of a Jury, be granted a fourth attempt outside the competition. A 4th attempt may also be granted if the 3rd attempt, being a world record, was not successful. In no other case can further additional attempts be granted.
- 9.6. A request for a world record attempt, which is not a multiple of 2.5 kg, can be granted for every attempt. **See 15.6. a-b-c.**
- 9.7. Only lifters actually competing in a competition may attempt records as fourth attempts outside the competition.
- 9.8. As soon as a new record is established any lifter must exceed it by 500 grams.  
When two lifters break the same record **on the same day but in different places**, it is the lifter who weighed less during the weigh-in for the competition, who will be the holder of the record.
- When two lifters break the same world record on the same day but in different places, and **they weighed the same during the weigh-in** for the competition the two lifters will be **co-holders** of the record.
- 9.9. New records are only valid if they exceed the previous record by at least 500 grams. Fractions of 500 grams must be ignored.



## 10. JURY.

- 10.1. At Paralympic Games, World and Continental Championships a Jury will be appointed to preside over each lifting session.
- 10.2. The Jury shall consist of the IPC Chairperson Powerlifting or the nominated substitute and four other members. A reserve member shall be appointed for each Jury. **The IPC Chairperson Powerlifting will select at least 6 Jury members and 1 TDA outside the organizing country. The Organizing Committee will provide travel, housing and meals.**
- 10.3. The members of the Jury shall be International Category I referees and must have a very good knowledge (speaking and understanding) of the English language.
- 10.4. The members of the Jury shall be from different nations with the exception of the IPC Chairperson Powerlifting or his substitute.
- 10.5. The function of the Jury is to ensure that the technical rules are correctly applied. The Jury may replace Category 2 with Category 1 in cases of world records.
- 10.6. During the competition the Jury may, by a majority vote, replace any referee whose decisions in its opinion prove him to be incompetent. The referee concerned must have received a warning prior to any action of dismissal.
- 10.7. The impartiality of the referees cannot be doubted, but a mistake in refereeing can be committed in good faith. In such a case, the referee shall be allowed to give his explanation for making the decision, which is the subject of his warning.
- 10.8. If members of the Jury wish to query a referee's decision, it must go via the President and with his acceptance. The Jury for calling a referee to the Jury table may use a system of lights. The President of the Jury must consult with the other members of the Jury and take the appropriate action based upon a majority verdict.
- 10.9. If a serious mistake occurs in the refereeing which is contrary to the technical rules, the Jury may take appropriate action to correct the mistake. They may at their discretion, grant the lifter a further attempt.
- 10.10. The Jury shall not at any time overrule or change the decisions of the referees.
- 10.11. The members of the Jury will be positioned to ensure an unimpeded view of the competition.
- 10.12. Before each competition, the President of the Jury must satisfy himself that the members of the Jury have a complete knowledge of their role and any new regulations that amend or support those contained in the current edition of the handbook.
- 10.13. In addition to any IPC Protocols, which may apply, the selection of lifters for drug testing shall always be made by random draw by the Jury. If the competition does not have a Jury,

then the Competition Secretary will arrange for a similar random draw to be made by an appointed official, before witnesses.

- 10.14. At Paralympic Games, World and Continental Championships the IPC Chairperson Powerlifting or in his absence the appointed Technical Delegate shall appoint the Jury for each session of the competition.

## 11. REFEREES.

- 11.1. The referees shall be three in number, the Chief Referee or Centre Referee and two side referees.
- 11.2. The Chief Referee is responsible for giving the necessary signals for all three attempts. The Chief Referee is also responsible for giving a loud and clear signal to the speaker/announcer when the bar and supports are ready.
- 11.3. Signals required for the bench press are as follows:

### COMMENCEMENT:

As soon as the lifter is motionless and the bar properly positioned at arms length and with elbows locked, the Chief Referee will give a visual signal consisting of a downward movement of the arm together with the audible command “**Start**”.

### COMPLETION:

A visual signal consisting of a backward movement of the arm together with the audible command “**Rack**”.

- 11.4. Once the bar has been replaced in the racks, the referees will announce their decisions by means of the lights.

WHITE: For a “**good lift**”.

RED: For a “**no lift**”.

- 11.5. The three referees may seat themselves in what they consider to be the best viewing positions around the platform. The Chief Referee shall be seated behind the head of the competitor to be able to observe the width of the grip. The Chief Referee will be seated with his back to the audience but, in agreement, an exception can be allowed.
- 11.6. Before the contest, the three referees shall jointly ascertain that:
- The platform and competition equipment comply in all respects with the rules. Bars and discs are checked for weight discrepancies and defective equipment discarded.
  - The scales work correctly and are accurate.
  - The lifters weigh in within the limits of weight and time for their bodyweight category.
  - The lifter’s costume and personal equipment comply with the rules in all respects.

- 11.7. During the contest the three referees must jointly ascertain that:
- a. The weight of the loaded bar agrees with the weight announced by the speaker. Referees may be issued with loading charts for this purpose.
  - b. On the platform the lifter's costume and personal equipment are exactly as declared, examined and marked at the weigh-in. If any referee has reason to doubt a lifter's integrity in this respect, he must after the completion of the lift, inform the Chief Referee of his suspicion. The three referees may then re-examine the lifter's costume and personal equipment. If he is found guilty of wearing anything that was not checked at the weigh-in, and is illegal he will immediately be disqualified.
  - c. Only the lifter himself or the spotter/loaders shall move the barbell to a new position on the stands. In such case, the timekeeper shall not stop his clock. It is the coach or lifter's job to ask for this service at the proper moment.
- 11.8. Prior to the commencement of a lift, if either of the side referees does not accept the starting position of a lifter, he will raise a hand to call attention to the fault. If there is a majority opinion among the referees that a fault exists, the Chief Referee will not give the signal to commence the lift. The lifter or his coach shall on request be informed of the reason for his not receiving a start signal. The Jury shall be responsible for conveying such information to the lifter.  
The lifter has the remainder of his unexpired time allowance in which to correct his starting position in order to receive the commencement signal. Once a lift has commenced, the side referee will not call attention to faults during the execution of the lift.
- 11.9. Referees shall abstain from commentary and not receive any document or verbal account concerning the progress of the competition.
- 11.10. A referee shall not attempt to influence the decisions of the other referees.
- 11.11. The Chief Referee may consult with the side referees, the Jury or any other official as necessary in order to expedite the competition.
- 11.12. After the competition, the three referees shall sign the official protocols or any other documents requiring a signature.
- 11.13. The IPC Chairperson Powerlifting will select at Paralympic Games, World and Continental Championships, **at least 15 referees outside the country**. **Travel, housing and meal expenses will be provided by the Organizing Committee.**
- At least 8 other referees of the organizing country** will be appointed, in agreement with the IPC Chairperson Powerlifting, by the Organizing Committee to assure the good faith of the competition. An organizing country without International Referees must inform, in time, the IPC Chairperson Powerlifting to make some arrangement before the competition.
- 11.14. In international competitions, two referees of the same nation should not be selected to adjudicate the same category in a contest of more than two nations.
- 11.15. The selection of a referee to act, as Chief Referee in one category does not preclude his selection as a side referee in another category.

**11.16.** At Paralympic Games, World and Continental Championships, only category 1 and category 2 referees adjudicate.

**11.17.** Referees and members of the Jury will be uniformly dressed as follows:

**MEN:**

Dark blue blazer with appropriate IPC Powerlifting badge on left breast and grey trousers with a white shirt and IPC Powerlifting tie.

**WOMEN:**

Dark blue blazer with appropriate IPC Powerlifting badge on left breast and grey skirt or trousers with a white blouse and IPC Powerlifting tie.

**11.18.** The IPC Chairperson Powerlifting shall draw up a list of referees who are most competent to referee important international competitions, World or Continental Championships and the Paralympic Games. All appointed referees must have a good knowledge (speaking and understanding) of the English language.

**11.19.** Referees will be classified in three categories according to their ability and experience:

**a. National Referee.**

**b. International Referee Category 2.**

**c. International Referee Category 1.**

For all information about qualification and testing procedures see special addition to the rules paragraph 18. The international able-bodied rules will be followed as nearly as possible.

**11.20.** During national competitions International Referees IPF will be allowed for refereeing. The IPC Powerlifting will create as many opportunities as possible for IPF referees to attend clinics and to pass the examination to become recognized IPC Powerlifting Licence Referee Card holders.

**11.21.** No referee shall be selected for the Paralympic Games or World Championships who also has the duties of a national coaching position. Such a referee could be selected for a category where no participants from his country are taking part.

**12. WEIGH-IN.**

**12.1.** Weigh-in of the competitors must take place no earlier than **two hours** before the start of the competition for a particular category. All lifters in the category must attend the weigh-in, which will be carried out in the presence of three appointed referees for that category.

**12.2.** The weigh-in period will last **one and a half hours**.

- 12.3.** The weigh-in for each competitor will be carried out in a locked room with only the competitor, his coach or manager and the three referees present and if necessary the Chairperson or Competition Secretary. The Medical Doctor/Classifier must be in readiness at the weigh-in. The lifters agreed bodyweight must not be made public until all the lifters competing in the particular category have been weighed in.
- 12.4.** Lifters must be weighed nude or in underwear, without prosthesis or orthosis. In competitions in which women are competitors, the weigh-in procedure may be altered to ensure that lifters are weighed by officials of their own sex. **Additional female officials**, at the discretion of the IPC President or Technical Delegate or the Competition Secretary, may be appointed for this purpose.
- 12.5.** If not previously carried out, the inspection of costume and personal equipment will take place during the weigh-in period. However, the lifters must be weighed in the priority of the previously determined order of lifting. The appointed referees and the Technical Controller will be responsible for inspecting, measuring and recording on the inspection form, details of all items listed under “Costume - Personal Equipment“. The items shall be approved and then marked accordingly with a stamp. The appointed Technical Controller will be responsible for ensuring that the details recorded correspond with the items worn and used by the lifter on the platform.
- 12.6.** Lots will be drawn to establish the order of the weigh-in. In competitions with large numbers of lifters in each category, the drawing of lots and referee’s inspection of costume and personal equipment may commence at any time before the start of the weigh-in, in agreement with the Competition Secretary. The lots drawn also establish the order of lifting throughout the competition when lifters require the same weights for their attempts.
- 12.7.** Each lifter may only be weighed once. Only those whose bodyweight is heavier or lighter than the category limits of the category entered are allowed to return to the scales. They must return to the scales and make weight within the limit of the one and a half hours allocated for the weigh-in; otherwise they will be eliminated from the competition for that bodyweight category. A lifter can only be re-weighed after all lifters in the same bodyweight have been called to the scales. Lifters trying to make weight may be re-weighed as often as time and orderly progression by lots allows. A lifter may only be weighed outside the time limit of one and a half hours if he presents himself within the time limit but due to the number of lifters trying to make weight he is denied the opportunity of mounting the scales. He will then be allowed one re-weigh at the discretion of the referees.
- 12.8.** A lifter shall be nominated in his normal bodyweight category through the Final Entry Form, 6 weeks before the start of the competition. The entered bodyweight category is final. However, each lifter will have the option of changing categories, up or down from that in which he was originally nominated on the final team form during the Technical Meeting but a penalty fee of **100 Euro** will be imposed for any change.
- 12.9.** If two lifters register the same bodyweight at the weigh-in and eventually achieve the same result at the end of the competition, they will be re-weighed and the lighter person will take precedence over the heavier person. However, if they still weigh the same after re-weighing, they will then share the placing, and each receives an award.

In such circumstances, should two lifters be in first place, and then the next lifter shall be placed third and so on.

- 12.10.** Each lifter must specify his **starting weight and the height of the upright supports during the weigh-in.**

### 13. COSTUME & PERSONAL EQUIPMENT

13.1. Lifters must appear in correct and **tidy dress**, which must consist of:

#### **SUIT.**

The lifting costume shall consist of a one-piece lifting suit with shoulder straps. The legs shall measure no shorter than 10 cm along each inseam and may extend to the ankles and include a stirrup. The suit shall be made from one-ply limited stretch material, eg. Lycra (20 %) or cotton-elastane (maximum 10 % elastane), without any additional patches or padding. The straps must be worn over the shoulders at all times while lifting in competition. The lifting suit shall also be subject to the following requirements:

- a. It may be of any colour or colours.
- b. The lifting suit may bear the badge, emblem, logo and/or inscription of the lifter's nation or national association. The lifter's name may be placed on any apparel or equipment. That which is offensive or liable to bring the sport into disrepute is not allowed.

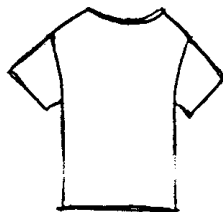
Example lifting suit:



### 13.2. **UNDERSHIRT.**

An undershirt, commonly known as a “T-Shirt“, of any colour or colours, must be worn under the lifting suit. The undershirt is subject to the following conditions:

**Sleeves not below the elbows.**



- a. Is not ribbed.
- b. Does not consist of any rubberised or similar stretch material.
- c. Does not have any pockets, buttons, zippers, collar or *v-neck*.
- d. Does not have reinforced seams.
- e. Is not constructed so as to place seams in a position, which in the opinion of the IPC Powerlifting, might tend to assist the lifter in Powerlifting competitions.
- f. Is made either exclusively of cotton or polyester, or a mixture of both.
- g. It shall not have sleeves, which terminate either below the elbow or up at the deltoid. Lifters may not push the sleeves of such an undershirt up to the deltoid when competing in competitions.
- h. Fits loosely enough on the lifter’s body to ensure that it does not afford the lifter any physical support.
- i. Is plain or the official T-Shirt of the contest in which the lifter is competing or only bears the badge and/or inscription of the lifter’s nation, national or regional federation or sponsor. That which is offensive or likely to bring the sport into disrepute is not allowed. **The sponsor’s logo must also conform to item 13.8.8.**

### 13.3. **SHOES.**

Lifting is not allowed without shoes. Doctor’s certificate in the IPC Powerlifting Passport may excuse footwear.

### 13.4. **BRA.**

No stiffening, padding or under wiring allowed.

### 13.5. **BELT.**

Competitors may wear a belt. If worn it shall be on the outside of the lifting suit.

**Material and Construction:**

- a. The main body shall be made of leather, vinyl or other similar non-stretch material in one or more laminations, which may be glued and/or stitched together.

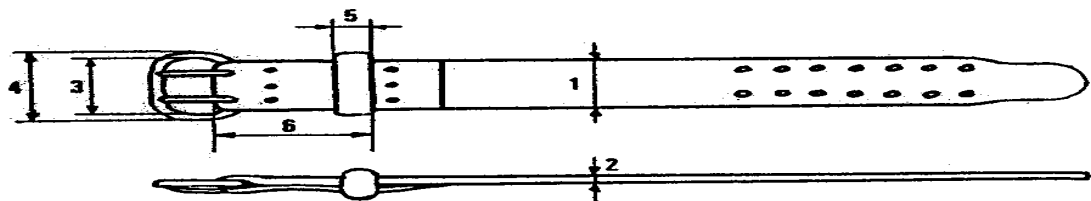


- b. It shall not have additional padding, bracing or supports of any material either on the surface or concealed within the laminations of the belt.
- c. The buckle shall be attached at one end of the belt by means of studs and/or stitching.
- d. The belt may have a buckle with one or two prongs or “quick release” type.
- e. A tongue loop (maximum 2) shall be attached close to the buckle by means of studs and/or stitching.
- f. The name of the lifter’s nation, state or club may appear on the outside of the belt.

**DIMENSIONS:**

1. Width of belt maximum 100 mm.
2. Thickness of belt maximum 13 mm along the main length.
3. Inside width of buckles maximum 110 mm.
4. Outside width of buckles maximum 130 mm.
5. Tongue loops maximum width 50 mm.
6. Distance between end of belt and far end of tongue loop maximum 150 mm.

**Correct points of measurement:**



**13.6. BANDAGES.**

Only wraps or bandages of a one ply commercially woven elastic that is covered with polyester, cotton or a combination of both materials or medical crepes are permitted.

**Bandages of rubber or rubberised substitutes are strictly forbidden.**

**Bandages may be used as follows:**

- a. Not exceeding 1 metre in length and 80 mm in width may be worn. Alternatively, wristbands not exceeding 100 mm in width may be worn. A combination of the two is not permitted.
- b. If wristbands are wrapping around style, they may have a thumb loop and Velcro patch for securing them. The thumb loop shall be over the thumb during the actual lift.
- c. A wrist bandage shall not extend beyond 100 mm above and 20 mm below the centre of the wrist joint and shall not exceed a total covered width of 120 mm.
- d. Bandages over permitted length or width shall be rejected, but may be cut to correct length and width and resubmitted within the specified inspection time. It is the lifter’s responsibility to cut bandages. The examining referee is not permitted to perform this service.

### 13.7. **PLASTERS.**

- a. These items may not be worn anywhere on the body without official permission of the Jury or Chief Referee. Plasters, bandages or band-aids may not be used as aids to the lifter in holding the bar.
- b. The official doctor, paramedic or paramedical personnel on duty may apply bandages to body injuries in a fashion that would not grant the lifter an undue advantage. He shall inform the Head Referee and Jury.
- c. At all competitions where a Jury may not be present and no medical personnel are on duty, the Chief Referee shall have jurisdiction over the use of spot plasters.

### 13.8. **GENERAL.**

#### 13.8.1. **Any item considered unclean or torn shall be rejected.**

- 13.8.2. The referees shall record each item on the official inspection sheet. The inspection sheet shall be handed to the Technical Controller at the end of the inspection period.

Items to be inspected at the weigh-in by the referees or Jury are:

IPC Powerlifting Passport.

Costume: Suit – T-shirt – Bra – Socks/tights – shoes.

Equipment: Bandages – Belt – Personal strapping belt.

- 13.8.3. If after the inspection, a lifter appears on the platform wearing or using any illegal item or article not recorded on the inspection sheet, the lifter shall immediately be disqualified from the competition.

- 13.8.4. Any lifter successful in a world record attempt must immediately present himself to the three **referees or Jury** for inspection. If the lifter is found to be wearing illegal wraps or clothing, the lift shall be declared invalid and the lifter shall be disqualified from the competition.

A lifter will be instructed to discontinue the use of any illegal equipment that may have been passed in error without incurring any penalty.

- 13.8.5. No foreign substances may be applied to the equipment or bandages.

- 13.8.6. All lifters must arrive at the lifting platform in their lifting uniform only. A lifter shall not adjust his costume within the vicinity of the platform. The only exception to the rule is that he may adjust his belt.

- 13.8.7. Magnesium carbonate is the only substance that may be added to the hands, buttocks and the back.

- 13.8.8. When a lifter or nation wishes to wear a sponsor's logo on the lifter's costume or personal equipment they must apply for permission to the IPC Powerlifting Chairperson at the

beginning of the year in which they wish to display such logos. The application must be made at least three months prior to the published date of the first competition and must be accompanied by a fee of 100 Euro or such sum to be determined by the P.A.E.C. Upon permission being granted, the logo may be suitably displayed in a position agreed between the IPC Powerlifting and the nation or lifter. It may be worn for the remainder of that calendar year. The fee shall only cover one sponsor and one nation. Additional fees of 100 Euro each shall be required for other sponsors wishing to add their logos to the costume or equipment. The IPC Powerlifting reserves the right to refuse permission if it considers that a logo falls below the required standard of taste or contravenes any prior commitment undertaken by the IPC with any other contractor such as television or championships promoter. The IPC P.A.E.C. reserves the right to limit the size of the logo. Nations or lifters may display national emblems or badges without payment of a fee. The IPC P.A.E.C. is to maintain a register of approved logos. Lifters wishing to wear sponsor's logos must present a current permit or receipt to the referees examining equipment.

## 14. EQUIPMENT AND SPECIFICATIONS.

### 14.1. PLATFORM.

The lifting 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. The surface of the platform must be flat, firm, non-slip and level. It must not exceed 10 cm in height from the surrounding stage or floor. When Powerlifting is taking place on a stage above ground level, a ramp must be provided with a non-slip surface for easy access of wheelchairs. If possible, there should be an additional ramp for the descent from the platform in order to save time.

#### 14.2.1. BAR.

**Bar shall be a Powerlifting bar that has IPC Powerlifting approval.**

For all Powerlifting competitions organized under the rules of the IPC Powerlifting only disc barbells are permitted. The bar shall not be changed during the competition unless it is bent or damaged in some way as determined by the referees. The bar shall be straight and well knurled and grooved and shall conform to the following dimensions:

- a. Total overall length not to exceed 2200 mm.
- b. Distance between the collar faces is not to exceed 1320 mm or be less than 1310 mm.
- c. Diameter of the bar is not to exceed 29 mm or be less than 28 mm.
- d. Weight of the bar and collars are to be 25 kg.
- e. Diameter of the sleeves not to exceed 52 mm or be less than 50 mm.
- f. There shall be a diameter machined marking on the bar taped so as to measure 810 mm between marking and tape.

#### 14.2.2. DISCS.

Discs must have IPC Powerlifting approval and shall conform as follows:

- a. All discs used in competition must weigh within 0.25 % of their correct face value.
- b. The hole size in the middle of the disc may not exceed 53 mm or be less than 52 mm.

- c. Discs must be within the following range:  
**1.25 kg – 2.5 kg – 5 kg – 10 kg – 15 kg – 20 kg - 25 kg and 50kg.**
- d. For record purpose, lighter discs may be used to achieve a weight of a least 500 gr. more than the existing record.
- e. Discs must be covered with rubber from 10 to 50kg and must conform with the following colour code:  
 25 kg = red – 20 kg = blue – 15 kg = yellow – 10 kg and under = any colour.

Remark: 50kg discs only to be used from 225kg and over.



- f. 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.
- g. The first and heaviest disc loaded on the bar must be loaded face in with the rest of the discs loaded face out.
- h. The diameter of the largest disc shall not be more than 450 mm.

### 14.3. **COLLARS.**

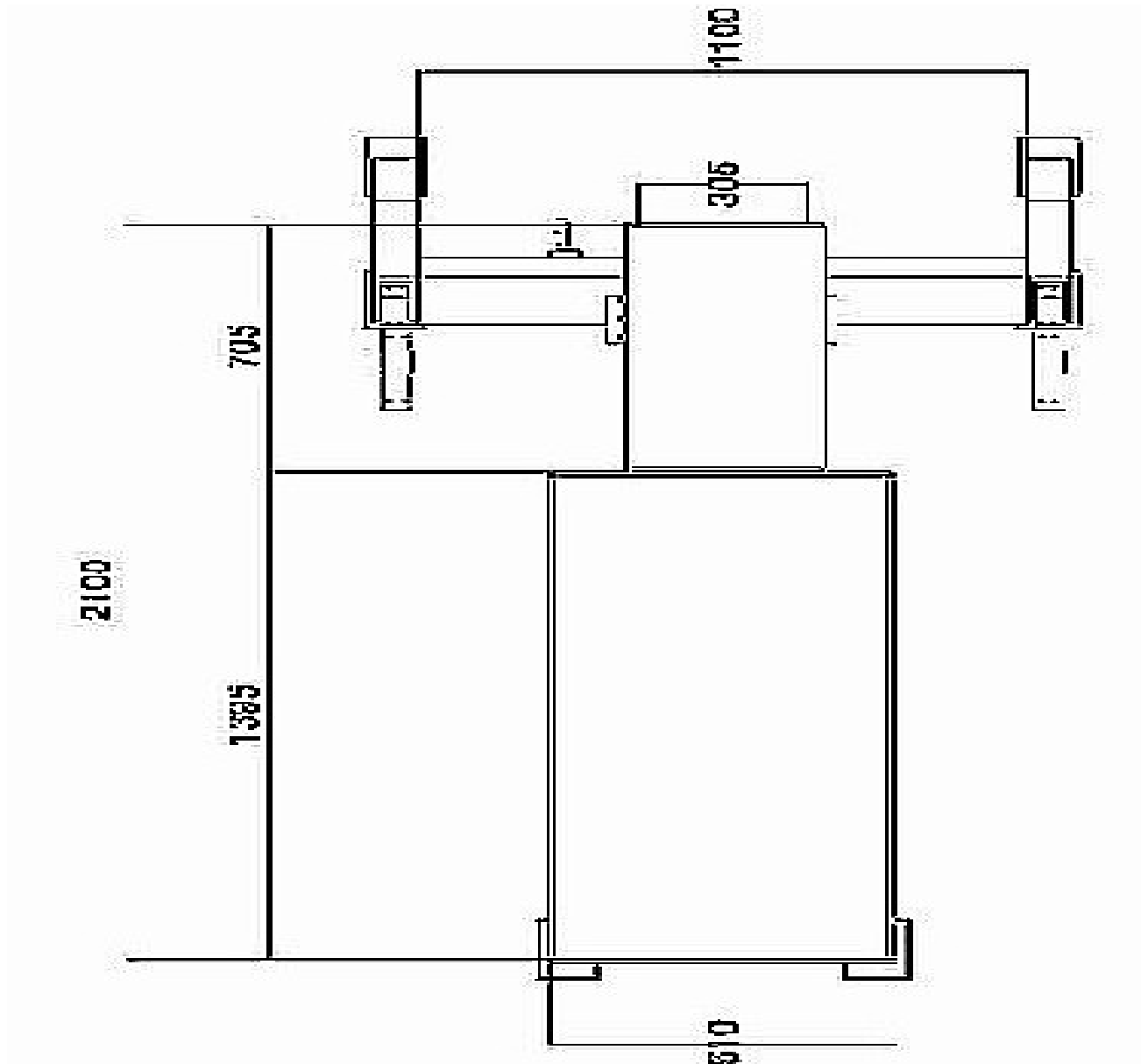
- a. Shall always be used in competition.
- b. Must weigh 2.5 kg each.



**14.4. BENCH.**

For all national or international competitions, World or Continental Championships and Paralympic Games the bench shall be of sturdy construction and provide maximum stability and conform to the following dimensions:





- a. **Length** Shall be 2100 mm long overall and be flat and level.
- b. **Width** The main body of the bench shall be 610 mm wide, but for a distance of 705 mm from the head end, the width shall be 305 mm leaving two equal shoulders of 152.50 mm.
- c. **Height** The height shall be not less than 450 mm and not exceeding 500 mm measured from the floor to the top of the padded surface of the bench without it being depressed or compacted.
- d. **Stands** The height of the uprights on both adjustable and non-adjustable benches shall be a minimum of 750 to 770 mm to a maximum of 1000 to 1100 mm measured from the floor to the bar rest position.  
Minimum width between insides of bar rests shall be 1100 mm.

#### 14.5. **WEDGE.**

- a. Only CP lifters will be allowed to use a personal wedge.
- b. Dimensions are in accordance with the lifter's personal anatomical requirements. The length shall not measure more than 600 mm.
- c. The wedge must be approved by the referees during the weigh-in.

#### 14.6. **LIGHTS**

A **system of lights** shall be provided whereby the referees make known their decisions. Each referee will control a white and red light. These two colours represent "a good lift" and "no lift" respectively. The lights shall be arranged horizontally to correspond with the positions of the three referees. They must be wired in such a way that they light up together and not separately when activated by the referees. For emergency purposes, i.e. a breakdown in the electrical system the referees will be provided with small white and red flags *or* paddles with which to make known their decision on the Chief Referee's audible command "flags".

### 15. **ORDER OF COMPETITION.**

#### 15.1. **COMPETITION SECRETARY.**

The duties of the competition secretary are as follows:

- a. To verify the lists of competitors.
- b. To supervise the drawing of lots before the weigh-in.
- c. To record the bodyweight if deemed necessary during the weigh-in.
- d. To issue passes to the lifters and their team officials to admit them to the warm-up room.
- e. To supervise the order of lifting during the competition.
- f. To supervise the registration of new world or Paralympic records set during the competition.

#### 15.2. **PRESIDENT OF THE JURY.**

The duties of the President of the Jury are as follows:

- a. To ensure that the technical rules are applied during the competition.
- b. To take, if deemed necessary, proper action in accordance with other members of the Jury.
- c. To compare and to oversee the manual as well as the computer results.
- d. To distribute, after the registration of the correct results, the IPC Powerlifting Passports.

#### 15.3. **THE ORGANIZING COMMITTEE.**

The organizer will appoint the following officials:

##### a. **SPEAKER/ANNOUNCER.**

The speaker is responsible for the efficient running of the competition. He acts as Master of Ceremonies. He announces the weight required for the next attempt and the name of the lifter. When the bar is loaded and the platform cleared for lifting, the Chief Referee will

indicate the fact to the speaker, who will in turn announce that the bar is ready and call the lifter by name to the platform. The speaker shall also warn each lifter in advance when it will be his turn to lift next. Attempts announced by the speaker should be displayed upon some form of scoreboard erected in a prominent position.

**b. COMPETITION CONTROLLERS.**

Will work under supervision of the competition secretary. Are responsible for accurately recording the progress of the competition, ensuring that the three referees sign the official score sheet, record certificates or any other document requiring signatures. They arrange the attempts chosen by the lifters in an orderly fashion, dictated by weight and, if necessary, lot number. In that order, the attempt cards will be given one by one to the speaker.

**c. MARSHALL.**

**Must be qualified referees.**

Are responsible for collecting the weight of required attempts from the lifters or their coaches and passing the information without delay to the competition controllers. The lifter is allowed **one minute** between leaving the bench after his last attempt and informing the competition secretary, via the Marshall, of the weight required for his next attempt.

**d. TIME KEEPER.**

**Must be a qualified referee.**

Is responsible for accurately recording the time lapse between the announcement that the bar is ready and the lifter starting his attempt. Is also responsible for recording time allowances whenever required, e.g. after an attempt, the lifter shall **leave the platform within 30 seconds** after he has left the bench. Once the clock is running for a lifter, it can only be stopped by the completion of a time allowance, by the start of the lift, or at the discretion of the Chief Referee. Consequently, it is of great importance that the lifter or his coach check the height of the bench upright supports prior to being called, as once the bar is announced as being ready, the clock will be started. Any further adjustments to the upright supports must be made within the lifter's two-minute allowance. If the lifter does not start his attempt within this time allowance, the timekeeper will call "time" and the Chief Referee shall give the audible command "rack". The lift will be declared "no lift" and the attempt forfeited. The start of the bench press is to coincide with the commencement signal of the Chief Referee. When the lifter starts the lift within the prescribed time allowance, the clock will be stopped.

**e. TECHNICAL CONTROLLER.**

**Must be qualified referees.**

Will be responsible that lifters:

- Are ready when a presentation will be required on the platform before the start of the competition.
- Are vocally informed of their last chance to change the 1st attempt.
- Are ready when a presentation will be required on the platform during the competition.
- Are wearing only approved costume and equipment before they come up to the platform.
- Are ready for medal ceremony and doping control.



**f. CHIEF SPOTTER/LOADER.**

Is responsible for supervision of the spotter/loaders, loading and unloading the bar, adjusting the upright supports of the bench, ensuring that the bar is centralized, cleaning the bar or platform at the request of the Chief Referee and generally ensuring that the platform is well maintained and presents a neat and tidy appearance at all times. Should declare, every time, load and clear to the Chief Referee that the bar is loaded and ready for the following attempt.

**g. SPOTTER/LOADERS.**

Work under the Chief spotter/loader as described in paragraph 15.3.f.

When the lifter prepares for his attempt the spotter/loaders may assist him in removing the bar from the racks. They may also assist in replacing the bar after the attempt. However, they shall not touch the lifter or the bar during the actual attempt, i.e. during the period of time that elapses between the commencement and completion signals, but be ready all the time to follow the bar as nearly as possible and if necessary to relieve the lifter of the bar either at the request of the Chief Referee or the lifter himself.

If the lifter is deprived of an otherwise successful attempt by the error of a spotter/loader and through no fault of his own, he may be awarded another attempt at the discretion of the referees at the end of the round.

**GENERAL RULES.**

- 15.4.** Application for participation at a World, Continental or Paralympic Games must include the lifter's best result, with date and competition where performed, during the past 12 months. Only results achieved at International or National Championships will be considered.
- 15.5.** During any competition-taking place on a platform or stage, only the lifter and his coach, members of the Jury, officiating referees and spotter/loaders will be allowed around the platform or on the stage.  
During the execution of a lift, only the lifter, spotter/loaders and the referees are permitted to be present on the platform. Coaches shall remain within the designated coaching area as defined by the Jury or Technical Controller in charge.
- 15.6.** In all recognized Powerlifting competitions for the Disabled, the weight of the barbell must always be a multiple of 2.5 kg. The progression must be at least 2.5 kg after all good attempts. The weight shall be announced in kilograms.

**EXCEPTION TO THIS RULE:**

- a.** In a record attempt the weight of the barbell must be at least 500 gr. in excess of the current record. This record attempt must be taken in the normal sequence of increasing weight during the competition or as fourth attempt at the end of the round.
- b.** During the course of competition a lifter may request a record attempt that is not a multiple of 2.5 kg but is to be attempted within his prescribed attempts. If the attempt is successful then only the lower closest multiple of 2.5 kg will be recorded on the score sheet. The exact

weight will appear on the record application. For example if 133 kg is requested for the lifter's second attempt and the lift is successful, then 132.5 kg will be entered on the score sheet and 133 kg will be entered on the record application.

- c. Record attempts may be taken on any or all of a lifter's prescribed attempts provided that he maintains a minimum increase of 500 gr. For example if the current record is 100 kg, then a lifter may take the following attempts:

| <b>1st attempt</b> | <b>2nd attempt</b> | <b>3<sup>rd</sup> attempt</b> | <b>4th attempt</b> |
|--------------------|--------------------|-------------------------------|--------------------|
| <b>100 kg</b>      | <b>101 kg</b>      | <b>101.50 kg</b>              | <b>102 kg</b>      |

Attempts 2, 3 and 4 if successful will all be records irrespective of the fact that he did not increase the weight for competition purposes from 100 kg.

- 15.7. a. Any lifter, coach or team official who by reason of his misconduct upon or near the competition platform is likely to discredit the sport, shall be officially warned. If the misconduct continues, the Jury or the referees in the absence of a Jury may disqualify the lifter and order the coach to leave the venue. The Team Manager must be officially informed of both warning and disqualification.

- b. The Jury and Referees may by a majority decision immediately disqualify a lifter or an official if they are of the opinion that any misconduct is serious enough to warrant immediately disqualification rather than an official warning. The Team Manager must be informed of the disqualification

- 15.8. In international competitions, all appeals against referee's decisions, complaints regarding the progress of the competition or against the behaviour of any person or persons taking part in the competition must be made to the Jury. The Jury may require the appeal to be made in writing. The appeal or complaint must be lodged with the President of the Jury by the Team Manager, coach or in his absence, by the lifter and accompanied by the cash sum of 100 Euro. This must be done immediately following the action upon which the appeal or complaint is based. If deemed necessary, the Jury may temporarily suspend the progress of the competition and retire to consider its verdict. After due consideration and upon reaching a majority verdict, the Jury will return and the President of the Jury will inform the complainant of its decision. The Jury's verdict will be considered final and there will be no right of appeal to any other body.

Upon recommencement of the competition which has been suspended, the next lifter shall be given three minutes in which to commence his lifting. In the event of a complaint being made against a lifter member or official of an opposing team, the written complaint shall be accompanied by the cash sum of 100 Euro or its equivalent in any convertible currency. Should the Jury in its verdict consider that the complaint is of a frivolous or mischievous nature, and then the whole sum may be retained and donated to the IPC Powerlifting at the discretion of the Jury.

## 15.9. THE ROUND SYSTEM.

- 15.9.1. At the weigh-in, the lifter or his coach must declare a starting weight and the height of the upright supports of the bench. These must be entered on the appropriate first attempt card, signed by the lifter or his coach and retained by the official conducting the weigh-in. The lifter will then be given 5 blank attempt cards for use during the competition.
- 15.9.2. A lifter is permitted one change of weight on the first attempt. The change of weight may be higher or lower than that originally submitted in the weigh-in room. However, a lighter starting weight may not be more than 7.50 kg lighter than the originally submitted. The order of lifting in the first round will be changed accordingly.

If he is in the first group, this change may take place at any time up to within five minutes before the start of the first round. The following groups are accorded a similar privilege up to within three attempts from the end of the previous group's last round. The speaker shall announce prior notice of these deadlines.

- 15.9.3. Having made his first attempt, the lifter or his coach must decide upon the weight required for the second attempt. This weight must be filled in where indicated upon the card and submitted **to the Marshall** or other appointed official before the one-minute time allowance has elapsed. The same procedure is to be used for the third attempt. A lifter must submit his second and third attempts within one minute of leaving the bench after his preceding attempt. If no weight is submitted within the one-minute time allowance, the lifter's next attempt will automatically be the same as the preceding **no lift** attempt or will automatically be assumed at 2.5 kg more than the preceding **good lift** attempt.
- 15.9.4. Weights submitted for second round attempts cannot be changed unless for a record attempt and then only with a maximum of ½ kg.

*The only exception refers to world record attempts, for example:*

When two (2) lifters nominate 102 kg for a world record attempt and the 1<sup>st</sup> lifter has been successful and broken the world record, the second lifter is permitted to change his 2<sup>nd</sup> attempt to 102.50 kg in order to be allowed to attempt to break the new world record with a ½ kg.

- 15.9.5. In the third round attempt, two weight changes are permitted. The change of weight may be higher or lower than the lifter's previously submitted third attempt. However, changes are only permitted provided that the lifter has not been called to the bar already loaded to his previously submitted weight.
- 15.9.6. Each lifter will take his first attempt in the first round, his second attempt in the second round and his third attempt in the third round.
- 15.9.7. The bar must be loaded progressively during each round on the principle of a rising bar. A no time will the weight of the bar be lowered within a round except for a record attempt and for errors due to a wrongly loaded bar or spotter error as described in 15.9.10 and then only at the end of a round.

- 15.9.8.** The lifting order within each round will be determined by the lifter's choice of weight for that round. In the event of two lifters choosing the same weight, the lifter with the lowest lot number drawn at the weigh in, will lift first.
- 15.9.9.** If unsuccessful with an attempt, the lifter does not follow him but must wait until the next round before he can attempt that weight again or make an attempt at a heavier weight.
- 15.9.10.** If in a round an attempt is unsuccessful due to a wrongly loaded bar, spotter error or equipment failure, the lifter will be granted a further attempt at the correct weight. If the fault is a wrongly loaded bar and the attempt has not actually started, then the lifter shall be given the option of either continuing at that time or taking *the* attempt at the end of the round. In all other cases, the lifter shall take his extra attempt at the end of the round. If the lifter also happens to be the last lifter in the round, he shall be granted three minutes prior to making his new attempt.
- 15.9.11.** Groups must be formed if 10 or more are competing in the same session.
- 15.9.12.** Grouping shall be determined by examining the lifter's best result achieved at national or international level during the previous twelve months. The lifters with the lowest results will form the first group to lift, with progressively higher results forming further groups as necessary.  
Where a lifter has not provided a result for the previous twelve months then that lifter will automatically be placed in the first group to lift.
- 15.10.** The Chief Referee will be solely responsible for decisions taken in the case of loading errors or incorrect announcements by the speaker. His decision will be given to the speaker who will make the appropriate announcement.

**EXAMPLES OF ERRORS IN LOADING:**

- a.** If the bar is loaded to a lighter weight than originally requested and the attempt is successful, the lifter may accept the successful attempt or elect to take the attempt again at the originally requested weight. If the attempt is not successful, the lifter will be granted a further attempt at the originally requested weight. In both the above cases, further attempts may only be taken at the end of the round in which the error occurred.
- b.** If the bar is loaded to a heavier weight than originally requested and the attempt is successful, the lifter will be granted the attempt. However, the weight may be reduced again if required for other lifters. If the attempt is not successful, the lifter will be granted a further attempt at the originally requested weight at the end of the round in which the error occurred.
- c.** If the loading is not the same on each end of the bar, or any change occurs to the bar or discs during the execution of the lift or the platform is disarranged, and despite these factors, the lift is successful, the lifter may accept the attempt or elect to take the attempt again. If the attempt is unsuccessful, the lifter will be granted a further attempt. Further attempts may only be taken at the end of the round in which the error occurred.

### **REMARK.**

If in example a, b or c, the weight is not a multiple of 2.5 kg by a loading error and the lift is successful, the lift will be granted on request, and the Competition Secretary shall reduce the recorded weight to the nearest lower weight that is a multiple of 2.5 kg.

- d. If the speaker makes a mistake by announcing a weight lighter or heavier than that requested by the lifter, the Chief Referee will make the same decisions as for errors in loading.
- e. If the lifter misses his attempt because the speaker omitted to announce him at the appropriate weight, then the weight will be reduced as necessary and the lifter allowed to take his attempt, but only at the end of the round.

### **15.11 GENERAL INFORMATION.**

- a. A scoreboard shall be set up at the most visible place and the course of the competition shall be registered. It shall show the names of the competitors in the order in which they have been drawn before the weighing in, their country, bodyweight and the result of every lift.
- b. An electrical timing clock shall be installed in an easily visible place. It shall automatically give an audible signal at one and two minutes. The electrical timing clock shall be controlled by a Time Keeper (qualified referee).
- c. The competitors must be provided with a warming-up room, close to the competition platform. It shall be equipped with an appropriate number of platforms, barbells, benches, magnesium, etc, depending on the number of the lifters. There shall also be a timing clock, synchronized with the official one on the competition platform, a loud speaker linked with the microphone of the speaker and a score board showing the names of the competitors in the order in which they have been drawn before the weighing in, their bodyweight and the weight which they requested before they are called to the platform.

### **16. RESULTS OF COMPETITORS AND COUNTRIES.**

- 16.1.1. The title of Open Champion shall be awarded to the winner of each category. He receives the gold medal, the second and third will receive the silver and the bronze medals respectively.
- 16.1.2. The title of junior champion shall be awarded to the winner of each category. He receives the gold medal, the second and third will receive the silver and bronze medals respectively.

#### **Remark:**

Competitions for Men-Women Open and Men-Women Juniors will be held at the same time during the World and Continental Championships. Juniors having a medal in the Open competitions will receive a medal for Open as well as a medal for juniors.

- 16.2. To preserve their identity special awards could be awarded in agreement between Organizers and the IPC Powerlifting.

- 16.3.** In competitions, combined or not, if any bodyweight category has no more than 3 lifters, the first and the second will be awarded as usual. The third will be not awarded in such circumstances. Only in cases where the IPC P.A.E.C. has provided a specified qualifying standard minimum for the third place, can the third placed lifter be awarded. In no case, will the 1st and the 2nd lifter be penalized in such circumstances.
- 16.4.** At Paralympic Games, World and Continental Championships and where agreed by the countries participating in international tournaments the results of the countries will be calculated by allocating:

|                |           |
|----------------|-----------|
| To the first   | 12 points |
| To the second  | 10 points |
| To the third   | 8 points  |
| To the fourth  | 7 points  |
| To the fifth   | 6 points  |
| To the sixth   | 5 points  |
| To the seventh | 4 points  |
| To the eighth  | 3 points  |
| To the ninth   | 2 points  |
| To the tenth   | 1 point   |

Team awards shall be given to the first three places. The three best countries receive the team gold, silver and bronze medals. The winning country will also receive a challenge cup for one year. The winner permanently retains the Paralympic cup.

- 16.5.** Only the point scores of the six best-placed lifters of each nation will be counted for the team at all international competitions.
- 16.6.** In the case of a tie in the ranking of a team or a nation, the team having the largest number of first places will be ranked first. In the case of a tie between two nations having the same number of first places, the one having the most second places will be ranked first and so on through the placing of the six scoring lifters. In no case will more than the six best lifters of each nation be counted. In the case of a tie with exactly the same first, second, third, etc... places the two teams will be ranked first. The next team will then be third.

## 17. QUALIFYING STANDARDS.

- 17.1. For Paralympic Games, World and Continental Championships, the IPC Powerlifting Assembly Executive Committee may set qualifying standards. Standards will apply from Paralympic Games to Paralympic Games and from World Championships to World Championships.
- 17.2. The qualifying standards may change every two years, after technical meeting and discussions with all members of the IPC Powerlifting Assembly Executive Committee.
- 17.3. A country is allowed to participate with a maximum of 1 lifter who has not met the qualifying standard if they have less than 3 lifters in the competition.
- 17.4. The number of lifters in a team may, on request of the Organizing Committee to the IPC Powerlifting Assembly Executive Committee, be reduced, e.g. due to lack of space.
- 17.5. To be selected for the Paralympic Games, lifters have to take part in the World Championships and their respective Continental Championships.  
*The IPC P.A.E.C. has the right to rule on exceptional circumstances.*

## QUALIFICATION STANDARDS POWERLIFTING

### MEN

| CATEGORY | BARCELONA | ATLANTA   | SYDNEY    | ATHENS    | BEIJING          |
|----------|-----------|-----------|-----------|-----------|------------------|
| - 48.00  | 70.00 kg  | 82.50 kg  | 87.50 kg  | 95.00 kg  | <b>100.00 kg</b> |
| - 52.00  | 80.00 kg  | 92.50 kg  | 97.50 kg  | 105.00 kg | <b>110.00 kg</b> |
| -56.00   | 90.00 kg  | 102.50 kg | 107.50 kg | 115.00 kg | <b>120.00 kg</b> |
| - 60.00  | 100.00 kg | 112.50 kg | 117.50 kg | 125.00 kg | <b>130.00 kg</b> |
| - 67.50  | 107.50 kg | 117.50 kg | 122.50 kg | 130.00 kg | <b>135.00 kg</b> |
| - 75.00  | 115.00 kg | 125.00 kg | 130.00 kg | 137.50 kg | <b>142.50 kg</b> |
| - 82.50  | 122.50 kg | 132.50 kg | 137.50 kg | 145.00 kg | <b>150.00 kg</b> |
| -90.00   | 130.00 kg | 140.00 kg | 145.00 kg | 152.50 kg | <b>157.50 kg</b> |
| - 100.00 | 135.00 kg | 145.00 kg | 150.00 kg | 157.50 kg | <b>162.50 kg</b> |
| + 100.00 | 140.00 kg | 150.00 kg | 155.00 kg | 162.50 kg | <b>167.50 kg</b> |

### CLARIFICATION

1. Minimum qualifying standards are set to try to ensure a high level of competitions.
2. Selection is based on the IPC Powerlifting Ranking List. This means that most selected lifters will have reached the qualifying standards.
3. **Reaching the qualifying standards does not ensure selections at Paralympics.**
4. In order to encourage participation from all countries, the Wild Card system allows lifters to be selected even if they do not have a high-ranking position.
5. In most cases these lifters will also have met the qualifying standards.
6. However, an invitation to compete may be issued to a country for **one** lifter who has not met the standard, if that country has less than three (3) lifters in the competition.



## QUALIFICATION STANDARDS POWERLIFTING

### WOMEN

| CATEGORY | BARCELONA | ATLANTA  | SYDNEY   | ATHENS   | BEIJING         |
|----------|-----------|----------|----------|----------|-----------------|
| - 40.00  |           | 40.00 kg | 40.00 kg | 47.50 kg | <b>52.50 kg</b> |
| - 44.00  |           | 40.00 Kg | 40.00 kg | 50.00 kg | <b>55.00 kg</b> |
| -48.00   |           | 45.00 Kg | 45.00 kg | 52.50 kg | <b>57.50 kg</b> |
| - 52.00  |           | 45.00 kg | 45.00 kg | 55.00 kg | <b>60.00 kg</b> |
| - 56.00  |           | 50.00 kg | 50.00 kg | 57.50 kg | <b>62.50 kg</b> |
| - 60.00  |           | 50.00 kg | 50.00 kg | 60.00 kg | <b>65.00 kg</b> |
| - 67.50  |           | 55.00 kg | 55.00 kg | 62.50 kg | <b>67.50 kg</b> |
| - 75.00  |           | 55.00 kg | 55.00 kg | 65.00 kg | <b>70.00 kg</b> |
| - 82.50  |           | 60.00 kg | 60.00 kg | 67.50 kg | <b>72.50 kg</b> |
| + 82.50  |           | 60.00 kg | 60.00 kg | 70.00 kg | <b>75.00 kg</b> |

### CLARIFICATION

1. Minimum qualifying standards are set to try to ensure a high level of competitions.
2. Selection is based on the IPC Powerlifting Ranking List. This means that most selected lifters will have reached the qualifying standards.
3. **Reaching the qualifying standards does not ensure selections at Paralympics.**
4. In order to encourage participation from all countries, the Wild Card system allows lifters to be selected even if they do not have a high-ranking position.
5. In most cases these lifters will also have met the qualifying standards.
6. However, an invitation to compete may be issued to a country for **one** lifter who has not met the standard, if that country has less than three (3) lifters in the competition.

## 18. QUALIFICATIONS AND EXAMINATIONS FOR REFEREES.

### **General rule:**

All aspiring referees attending a seminar for national referees have to pay, before the examinations, a sum of **60 Euro** for the four (4) year licence and an additional **20 Euro** for the IPC Powerlifting Badge and Tie together with the Licence Card and Diploma.

### 1. QUALIFICATIONS FOR A CATEGORY 2 REFEREE ARE AS FOLLOWS:

The examinations must be carried out by an IPC International Referee Category I with the approval of the IPC Powerlifting Chairperson and Executive Committee.

- a. A national referee in good standing with his National Federation.
- b. Must be recommended by his National Federation.
- c. Must take the Category 2 written examination at a World or Continental Championships, International IPC Competitions, National Championships, Tournaments or Clinics provided by the IPC Powerlifting.
- d. Must achieve a passing score of 90 % or more on both written and practical examinations (see paragraph 4 below).
- e. They must have a good knowledge of the English language.

### 2. QUALIFICATIONS FOR A CATEGORY 1 REFEREE ARE AS FOLLOWS:

- a. Must be a Category 2 Referee in good standing for a period of at least two years.
- b. Must have adjudicated at least two International or National Championships.
- c. Must take Category 1 practical examination at any World or Continental Championships, or International IPC competition.
- d. Must adjudicate at least 50 attempts while serving as Chief Referee.
- e. Must score at least 90 % in all his decisions as compared with those of the Jury members and not those of his fellow referees.
- f. Must be nominated by his National Federation to the IPC Chairperson Powerlifting prior to his examination. Basis for nomination should be as follows:

1. Candidate's competence as a referee.
2. Priority ranking as a Category 2.
3. Availability to referee at future international events.

### 3. SELECTION.

The selection of a candidate for examination by the IPC Powerlifting will be subject to the following criteria:

- a. The number of nominations received.
- b. The number of examination positions available.
- c. The current requirements for Category I referee within the various nations.

4. **TESTING PROCEDURES ARE AS FOLLOWS:**

**CATEGORY 2**

A written examination will be given only after a complete and comprehensive rules clinic has been conducted under the direction of the IPC Chairperson (if cat. I) or an approved Category 1 referee under the supervision of the IPC Chairperson Powerlifting who has been appointed as examiner to solve the language problem. A practical examination will be given after the examinee has succeeded in his written examination. The candidate must score at least 90 % on all his decisions when compared with those of the scrutinizing referee(s). IPF Referees category II and I be excepted from the practical examination.

**CATEGORY 1**

A practical examination only will be given to a candidate at Paralympic Games, World or Continental Championships or International IPC competitions. The candidate will be scrutinized by the Jury, which must consist of three Category 1 Referees. The candidate must score at least 90 % on all his decisions when compared with those of the Jury.

5. **EXAMINER'S SCORE SHEET SHALL BE MARKED IN THE FOLLOWING MANNER:**

- a. All correct attempts refereed by the candidate will be marked so (/).
- b. All incorrect attempts will be marked so (X).
- c. All attempts not completed by the lifter will be marked so (0).
- d. All incorrect attempts will, in addition, have the number of faults indicated.
- e. When an incorrect signal is given, i.e. too early or too late, the examiner must mark this with an (X) and the letter "S" to indicate that an incorrect signal was given.
- f. When a signal is necessary and given in an incomplete attempt, it will be marked so (O) crossed with the (/) and counted as an attempt.
- g. All of the examiner's score sheets, without any additions or alterations, will be collated and scored by the President of the Jury for Category 1 examination, or by the scrutinizing referee (s) if for Category 2 examination. The marked score sheet shall be sent to the IPC Chairperson Powerlifting.

6. **GENERAL.**

- a. After receiving the examination results, the IPC Chairperson Powerlifting will inform the candidate and his country.
- b. Upon passing the examination, a referee's date of promotion shall be the date of the examination.
- c. Candidates who will fail the examination must wait at least six months before taking the examination again.

7. **REGISTRATION.**

- a. All referees must re-register with the IPC Powerlifting in order to maintain their current qualifications and at an acceptable standard.
- b. Re-registration shall take place during each Paralympic year.

- c. A referee's National Federation is responsible for sending the necessary **60 Euro** four (4) years registration fee to the IPC Chairperson Powerlifting together with a brief resume of his national and international refereeing experience during the previous registration period.
- d. A referee who has been inactive for a four-year period or who fails to re-register will forfeit his credentials.
- e. An IPC Powerlifting Referee Licence Card which is issued twelve months prior to the Paralympics need not to renew until the following Paralympic year.
- f. International Referees, both categories 1 and 2, must have refereed a minimum of three international or national championships during the previous four-year period between Paralympic years in order to be acceptable for re-registration.

19. **FORMS**

**FORMS TO BE USED DURING THE COMPETITIONS**

**COMPETITION CARD**

|                               |                               |                               |
|-------------------------------|-------------------------------|-------------------------------|
| <b>Name</b>                   |                               | <b>Country</b>                |
|                               |                               |                               |
| <b>Drawn number</b>           | <b>Bodyweight</b>             | <b>Category</b>               |
|                               |                               |                               |
|                               | <b>Height supports</b>        |                               |
| <b>1<sup>st</sup> attempt</b> | <b>2<sup>nd</sup> attempt</b> | <b>3<sup>rd</sup> attempt</b> |
|                               |                               |                               |
|                               | <b>1<sup>st</sup> change</b>  |                               |
|                               | <b>2<sup>nd</sup> change</b>  |                               |
|                               |                               |                               |
|                               | <b>Best result</b>            |                               |

**COMPETITION CARD**

|                               |                               |                               |
|-------------------------------|-------------------------------|-------------------------------|
| <b>Name</b>                   |                               | <b>Country</b>                |
|                               |                               |                               |
| <b>Drawn number</b>           | <b>Bodyweight</b>             | <b>Category</b>               |
|                               |                               |                               |
|                               | <b>Height supports</b>        |                               |
| <b>1<sup>st</sup> attempt</b> | <b>2<sup>nd</sup> attempt</b> | <b>3<sup>rd</sup> attempt</b> |
|                               |                               |                               |
|                               | <b>1<sup>st</sup> change</b>  |                               |
|                               | <b>2<sup>nd</sup> change</b>  |                               |
|                               |                               |                               |
|                               | <b>Best result</b>            |                               |

## POWERLIFTING PROTEST FORM

### Details of person submitting form:

|                               |  |
|-------------------------------|--|
| Name                          |  |
| Competition number            |  |
| Federation – Country          |  |
| Status (Coach-Manager-Lifter) |  |

|       |  |
|-------|--|
| Event |  |
|-------|--|

Time

Date

Place

| Description of the protest |
|----------------------------|
|                            |
|                            |
|                            |
|                            |
|                            |
|                            |

Received Time

Date

Protest Fee paid **100 Euro** Yes  No

**Decision of the Jury**

|  |
|--|
|  |
|  |

| Names Members of the Jury | Signatures |
|---------------------------|------------|
|                           |            |
|                           |            |
|                           |            |
|                           |            |

Protest Fee returned **100 Euro** Yes  No

Time

Date

|                       |  |
|-----------------------|--|
| Signature for receipt |  |
|-----------------------|--|

**POWERLIFTING APPLICATION for WORLD RECORD**

World Record Application Form to be submitted to the IPC Chairperson Powerlifting by ‘ ‘ First Class Mail ‘ ‘ within one month following the date of competition. Applications without a complete list of results, copy of the classification passport and the doping control results are NOT acceptable.

|                       |  |  |  |  |
|-----------------------|--|--|--|--|
| Event                 |  |  |  |  |
| Date                  |  |  |  |  |
| Venue                 |  |  |  |  |
| Place and country     |  |  |  |  |
| Name of competitor    |  |  |  |  |
| Country of competitor |  |  |  |  |

Bodyweight

| Kgs |  |  | Grs |  |  |
|-----|--|--|-----|--|--|
|     |  |  |     |  |  |

Record

| Kgs |  |  | Grs |  |  |
|-----|--|--|-----|--|--|
|     |  |  |     |  |  |

Electronic refereeing  
Jury  
Certified scale - barbell

| Yes | No |
|-----|----|
|     |    |
|     |    |
|     |    |

| Names Referees | Signatures |
|----------------|------------|
|                |            |
|                |            |
|                |            |

I hereby certify that the IPC Powerlifting rules and the World Record rules have been complied with, that the officials were duly certified and that the above statements are accurate.

| Chairman | Technical Delegate | President Jury | Chief Referee |
|----------|--------------------|----------------|---------------|
| Name     |                    | Signature      |               |
|          |                    |                |               |

Submitting the application:

|                            |  |
|----------------------------|--|
| National Federation or NPC |  |
| Name National Secretary    |  |
| Signature + Official stamp |  |
| Date                       |  |



**POWERLIFTING APPLICATION for CONTINENTAL RECORD**

Continental Record Application Form to be submitted to the IPC Chairperson Powerlifting by ‘ First Class Mail ‘ within one month following the date of competition. Applications without a complete list of results, copy of the classification passport and the doping control results are NOT acceptable.

|                       |  |  |  |  |
|-----------------------|--|--|--|--|
| Event                 |  |  |  |  |
| Date                  |  |  |  |  |
| Venue                 |  |  |  |  |
| Place and country     |  |  |  |  |
| Name of competitor    |  |  |  |  |
| Country of competitor |  |  |  |  |

Bodyweight

| Kgs |  |  | Grs |  |  |
|-----|--|--|-----|--|--|
|     |  |  |     |  |  |

Record

| Kgs |  |  | Grs |  |  |
|-----|--|--|-----|--|--|
|     |  |  |     |  |  |

Electronic refereeing  
Jury  
Certified scale - barbell

| Yes | No |
|-----|----|
|     |    |
|     |    |
|     |    |

| Names Referees | Signatures |
|----------------|------------|
|                |            |
|                |            |
|                |            |

I hereby certify that the IPC Powerlifting rules and the Continental Record rules have been complied with, that the officials were duly certified and that the above statements are accurate.

| Chairman | Technical Delegate | President Jury | Chief Referee |
|----------|--------------------|----------------|---------------|
| Name     |                    | Signature      |               |
|          |                    |                |               |

Submitting the application:

|                            |  |
|----------------------------|--|
| National Federation or NPC |  |
| Name National Secretary    |  |
| Signature + Official stamp |  |
| Date                       |  |