

World Para Powerlifting

World Para Powerlifting

Technical Rules and Regulations

February 2019

World Para Powerlifting

Official partner of World Para Powerlifting

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PART A – GENERAL

1 Definitions

AH: AH (Haleczko) Formula.

Classification: grouping athletes into Sport Classes (as defined in the IPC Athlete Classification Code) according to how much their impairment affects fundamental activities in each specific sport or discipline. This is also referred to as "Athlete Classification".

Competition Medical Director: the person appointed by the LOC for an IPC Competition and/or a World Para Powerlifting Sanctioned Competition who is responsible to implement the World Para Powerlifting 'Scope of Event Medical Services'.

Competition Rules: the World Para Powerlifting Competition Rules set out in Part C of these Rules.

FOP: Field of Play.

International Federation: a sport federation recognised by the IPC as the sole world-wide representative of a sport for athletes with an impairment that has been granted the status as a Para sport by the IPC. The IPC and IOSD act as an International Federation for certain Para sports.

IOC: the International Olympic Committee.

IPC: the International Paralympic Committee.

IPC Competitions: World Para Powerlifting World Championships and World Para Powerlifting Regional Championships.

IPC Games: the Paralympic Games and the Parapan American Games.

IOSD: International Organisation of Sport for the Disabled, an independent organisation recognised by the IPC as the sole worldwide representative for a specific impairment group to the IPC.

ITO: International Technical Official.

LOC: Local Organising Committee – an organisation appointed to organise a World Para

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Powerlifting Recognised Competition.

LOC Chief Medical Doctor: the medical doctor appointed by the LOC for an IPC Competition and/or World Para Powerlifting Sanctioned Competition.

MQS: Minimum Qualifying Standard.

National Federation: the national member of an International Federation.

NPC: National Paralympic Committee, the national member of the IPC who is the sole representative of athletes with an impairment in that country or territory. These are the national members of the IPC.

OC: Organising Committee.

OVR: On Venue Results.

Para sport: a sport governed by the IPC Athlete Classification Code and recognised as a Para sport by the IPC.

PARIS: Para Sports Results and Information Services.

PowerCOMS: Para Powerlifting Competition and Operations Management System.

PRIS: Paralympic Results and Information Services.

RTDS: Real-Time Display System.

SDMS: IPC Sport Data Management System.

T&S: Timing and Scoring System.

Referee: the people appointed to adjudicate World Para Powerlifting Recognised Competitions.

Regulations: the World Para Powerlifting Regulations set out in Part B of these Rules.

Rules: the World Para Powerlifting Rules and Regulations comprised of the General Provisions, the World Para Powerlifting Regulations and the World Para Powerlifting Competition Rules.

Sport Class: a category for competition defined by World Para Powerlifting by reference to the extent to which an athlete can perform the specific tasks and activities required by a Para sport.

Sport Class Status: a designation applied to a Sport Class to indicate the extent to which an athlete may be required to undertake athlete evaluation and/or be subject to a classification protest.

WADC: the World Anti-Doping Code.

WPPO: World Para Powerlifting.

WPPO Sport Technical Committee: the committee appointed by the IPC in accordance with

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the IPC Handbook (located on the IPC website).

World Para Powerlifting Approved Competitions: international and national endorsed competitions for the sport of Para powerlifting that have been approved by World Para Powerlifting.

World Para Powerlifting Athlete License: a license issued by the IPC in accordance with the IPC Athlete Licensing Programme to enable athletes to compete in IPC Games, IPC Competitions and World Para Powerlifting Sanctioned Competitions.

World Para Powerlifting Recognised Competitions: IPC Games, IPC Competitions, World Para Powerlifting Sanctioned Competitions and World Para Powerlifting Approved Competitions.

World Para Powerlifting Sanctioned Competitions: World Para Powerlifting World Cups and other World Para Powerlifting international competitions determined by World Para Powerlifting.

World Para Powerlifting Technical Delegate: a person appointed by World Para Powerlifting to consistently monitor and oversee an IPC Competition or World Para Powerlifting Sanctioned Competition in liaison with the LOC Competition Manager, Technical Delegate Assistant and World Para Powerlifting to ensure that all technical operations are conducted in accordance with these Rules.

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2 General Provisions

2.1 Scope and application

2.1.1 These World Para Powerlifting Rules and Regulations comprise the World Para Powerlifting Regulations (Regulations) and the World Para Powerlifting Competition Rules (Competition Rules) (together referred to as 'these Rules').

2.1.2 These Rules are mandatory for all World Para Powerlifting Recognised Competitions.

2.1.3 All participants (including, but not limited to, athletes and support personnel, coaches, trainers, managers, interpreters, team staff, officials, medical or paramedical personnel) of any World Para Powerlifting Recognised Competitions agree to be bound by these Rules as a condition of such participation.

2.1.4 The World Para Powerlifting Classification Rules and Regulations are an integral part of these Rules and are located on the World Para Powerlifting website.

2.1.5 The IPC Handbook is an integral part of the governance of the sport of Para powerlifting.

2.1.6 Any matter not addressed in these Rules shall be determined by the IPC, in its sole discretion.

2.1.7 These Rules will be effective from 18 September 2018.

2.2 Interpretation

2.2.1 References to a 'Regulation' mean a Regulation referred to in Part B of these Rules, references to a 'Rule' mean a Rule referred to in Part C of these Rules, references to an 'Appendix' means an Appendix to these Rules, and capitalised terms used in these Rules have the meaning given to them in the Definitions section of these Rules.

2.2.2 Any comments annotating various provisions of these Rules shall be used to interpret these Rules.

2.2.3 Headings used in these Rules are used for convenience only and have no meaning that is separate from the Regulation(s) or Rule(s) to which they refer.

2.2.4 All references to the words "he", "his" or "him" in these Rules also mean the words "she", "hers" or "her".

2.3 Governance

2.3.1 The IPC acts as the International Federation for and governs the sport of Para powerlifting. It carries out these responsibilities under the name "World Para Powerlifting" and the term "World Para Powerlifting" must be read in these Rules as the IPC and vice versa.

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2.4 Printing of the Rules

2.4.1 These Rules are the copyright property of the IPC and have been published for the benefit of NPCs, athletes, officials and others who are engaged in an official capacity with World Para Powerlifting. These Rules may be reprinted or translated by any organisation with a legitimate need to do so, subject to IPC's continuing ability to assert its copyright in the Rules, including the right to insist on an assignment to the IPC of the copyright in any translated version of these Rules. Any other organisation must obtain the permission of the IPC prior to reprinting, translating or publishing these Rules.

2.4.2 The English version of these Rules shall be accepted as the authoritative version for the purpose of interpretation.

2.5 Amendments to the Rules

2.5.1 After the conclusion of each Paralympic Games, the IPC shall undertake a review of these Rules, in consultation with NPCs and any relevant IOSDs, in accordance with the IPC Handbook (located on the IPC website). All amendments shall be implemented prior to the start of the second season following the relevant Paralympic Games.

2.5.2 These Rules also may be amended at any time by the IPC as a result, for example, of changes in Classification related matters or where World Para Powerlifting otherwise considers it necessary to do so.

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PART B – WORLD PARA POWERLIFTING REGULATIONS

3 World Para Powerlifting Recognised Competitions

3.1 Competition levels

3.1.1 World Para Powerlifting categorises competitions based on their scale, size, and nature to determine the applicable requirements at each competition.

3.1.2 World Para Powerlifting Recognised Competition levels are as follows:

Name	Level	Competitions
IPC Games	High Performance	▪ Paralympic Games
	Development/ High Performance	▪ Parapan American Games
IPC Competitions	High Performance	▪ Junior and Senior World Para Powerlifting World Championships
	Development/High Performance	▪ Junior and Senior World Para Powerlifting Regional Championships
World Para Powerlifting Sanctioned Competitions	Development/High Performance	▪ World Para Powerlifting World Cups ▪ Asian Para Games
	Development	▪ Sub Regional Para Games
World Para Powerlifting Approved Competitions	Fundamental	▪ Youth Para Games ▪ International competitions for the sport of Para powerlifting ▪ National competitions for the sport of Para powerlifting

3.2 Competition cycle

3.2.1 Unless otherwise determined by the IPC, the cycle for IPC Games, IPC Competitions and World Para Powerlifting Recognised Competitions is as follows:

Cycle	Competition
Year 1	▪ Junior and Senior World Para Powerlifting World Championships ▪ World Para Powerlifting World Cups

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Cycle	Competition
	▪ Asian Youth Para Games ▪ Youth Parapan American Games ▪ National Competitions
Year 2	▪ World Para Powerlifting Regional Championships ▪ World Para Powerlifting World Cups ▪ Asian Para Games ▪ Commonwealth Games ▪ National Competitions
Year 3	▪ Junior and Senior World Para Powerlifting World Championships ▪ World Para Powerlifting World Cups ▪ Parapan American Games ▪ National Competitions
Year 4	▪ Paralympic Games ▪ World Para Powerlifting World Cups ▪ National Competitions

3.3 Competition requirements

3.3.1 The organisational requirements and competition fees for each level of World Para Powerlifting Recognised Competitions (excluding IPC Games) are outlined in the Competition Rules.

3.4 Competition management

3.4.1 The IPC shall manage all IPC Games.

3.4.2 World Para Powerlifting shall have the right to manage all IPC Competitions and World Para Powerlifting Sanctioned Competitions. It also shall have the right to oversee all World Para Powerlifting Approved Competitions. The words World, Regional and World Para Powerlifting may not be used in connection with any Para Powerlifting event without the prior written consent of World Para Powerlifting. In addition, the IPC is the owner of all rights of whatever kind or nature in respect of the terms “Paralympics" and "Paralympic", the term “Para Powerlifting” when associated with sport or any IPC activities, the IPC motto, flag and anthem, the Paralympic Symbol (three Agitos design) and any other trademarks, logos and other indicia used or intended to be used in the context of the Paralympic Movement.

3.4.3 World Para Powerlifting shall enforce these Rules for all World Para Powerlifting Recognised Competitions. World Para Powerlifting shall have jurisdiction over all matters not assigned by the Rules to another person or entity (such as an official or LOC).

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3.4.4 The events, programme of events and competition format for all World Para Powerlifting Recognised Competitions are outlined in the Competition Rules.

3.5 Competition entries

3.5.1 All entries to participate in IPC Competitions and World Para Powerlifting Sanctioned Competitions must be in accordance with these Rules and the Competition Rules.

3.5.2 The entry criteria and MQS for the IPC Games shall be defined in the qualification criteria outlined on the IPC website. The 2017-2020 WPPO qualification pathway found in **Appendix 1** outlines the World Para Powerlifting Recognised Competitions athletes must attend in order to be considered eligible to qualify for the Paralympic Games.

3.5.3 The entry criteria and MQS for each IPC Competition and World Para Powerlifting Sanctioned Competition shall be defined in the Competition Rules and on the World Para Powerlifting Website.

3.6 Recognition of results

3.6.1 World Para Powerlifting accepts results achieved at World Para Powerlifting Recognised Competitions by eligible athletes (in accordance with Regulation 4) solely for the following purposes:

3.6.1.1 World Para Powerlifting rankings;

3.6.1.2 World Para Powerlifting records;

3.6.1.3 allocation of qualification slots for IPC Games, IPC Competitions and World Para Powerlifting Sanctioned Competitions; and/or

3.6.1.4 achieving qualification standards for entry into IPC Games, IPC Competitions and World Para Powerlifting Sanctioned Competitions.

3.7 Advertising and displays during Competitions

3.7.1 The IPC determines the advertising requirements at IPC Games.

3.7.2 The World Para Powerlifting Uniform and Equipment Advertising Regulations (located on the World Para Powerlifting website) outline the advertising permitted by World Para Powerlifting at IPC Competitions. During all other World Para Powerlifting Recognised Competitions (except IPC Games), the IPC and, with the approval of the IPC the relevant LOC, shall adopt the applicable advertising requirements.

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3.8 Anti-gambling requirements

3.8.1 The IPC may adopt anti-gambling regulations, policies, codes and/or requirements from time to time, which will be binding on all participants of World Para Powerlifting Recognised Competitions.

4 Eligibility & Classification

4.1 Eligibility requirements – IPC Games

4.1.1 The IPC determines the eligibility requirements for IPC Games.

4.2 Eligibility requirements – IPC Competitions and World Para Powerlifting Recognised Competitions

4.2.1 To meet the eligibility requirements to participate in IPC Competitions and World Para Powerlifting Sanctioned Competitions an athlete must:

4.2.1.1 hold a valid IPC Athlete Licence issued in accordance with the IPC Athlete Registration and Licensing Programme (located on the World Para Powerlifting website);

4.2.1.2 be internationally classified and have been assigned a Sport Class (other than Not Eligible (NE)) in accordance with the World Para Powerlifting Classification Rules and Regulations;

4.2.1.3 be entered by their NPC (or National Federation if such responsibility has been delegated by the NPC), the NPC being a member in good standing of the IPC;

4.2.1.4 satisfy the nationality requirements of the IPC Athlete Nationality Policy (located on the IPC website at);

4.2.1.5 be the minimum age to participate in the relevant competition in accordance with the Competition Rules; and

4.2.1.6 not be disqualified, suspended or otherwise sanctioned.

4.3 Qualification requirements

4.3.1 In addition to the eligibility requirements outlined above, in order to compete in World Para Powerlifting Recognised Competitions an athlete must also meet the qualification standards, qualification criteria and any sport entry rules applicable to the relevant World Para Powerlifting Recognised Competition.

4.4 Gender

4.4.1 Subject to Regulation 4.4.3, below, an athlete shall be eligible to compete in men's competition if he is:

4.4.1.1 recognised as male in law; and

4.4.1.2 eligible to compete under these Rules.

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4.4.2 Subject to Regulation 4.4.3, below, an athlete shall be eligible to compete in women's competition if she is:

4.4.2.1 recognised as female in law; and

4.4.2.2 eligible to compete under these Rules.

4.4.3 World Para Powerlifting will deal with any cases involving transgender athletes in accordance with the IOC's transgender guidelines (as amended by the IOC from time to time) and any applicable World Para Powerlifting regulations.

4.4.4 The eligibility of persons recognised as third gender in law will be determined by the IPC on a case-by-case basis, in accordance with any applicable World Para Powerlifting regulations.

4.5 Classification

4.5.1 World Para Powerlifting shall determine the World Para Powerlifting Recognised Competitions where international Classification will be offered. At such competitions, Classification will be conducted prior to the start of each competition in accordance with the World Para Powerlifting Classification Rules and Regulations.

4.5.2 An athlete who has not been assessed by a World Para Powerlifting Classification Panel will not meet the eligibility criteria (set out in this Regulation 4) to compete in IPC Games, IPC Competitions and World Para Powerlifting Sanctioned Competitions.

5 Anti-Doping

5.1 Anti-Doping requirements

5.1.1 The IPC Anti-Doping Code (located on the IPC website at) applies to all IPC Games, IPC Competitions and World Para Powerlifting Sanctioned Competitions.

5.1.2 World Para Powerlifting Approved Competitions must be conducted in accordance with the anti-doping rules of the relevant governing body and the WADC International Standards. Random in-competition anti-doping testing (urine only or urine and blood) is also recommended at such competitions but mandatory for world record performances at the competition to be recognised by World Para Powerlifting.

6 Medical

6.1 Medical requirements

6.1.1 The IPC Medical Code (located on the IPC website at) applies to all IPC Games, IPC Competitions and World Para Powerlifting Sanctioned Competitions.

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6.1.2 The medical and safety rules of the relevant governing body apply to World Para Powerlifting Approved Competitions.

6.2 Medical responsibilities

6.2.1 In accordance with the IPC Medical Code, all athletes who compete in IPC Games, IPC Competitions and World Para Powerlifting Sanctioned Competitions are responsible for their own physical and mental health and for their own medical supervision.

6.2.2 By entering in an IPC Game, IPC Competition or a World Para Powerlifting Sanctioned Competition, an athlete releases the IPC and World Para Powerlifting from any liability to the extent permitted by law for any loss, injury or damage that he or she may suffer in relation to, or as a result of, his or her participation in Classification, at the relevant competition.

6.2.3 Notwithstanding the above Regulations 6.2.1 and 6.2.2, NPCs shall use best efforts to ensure the physical and mental health of all athletes under their jurisdiction prior to their participation in IPC Games, IPC Competitions and World Para Powerlifting Sanctioned Competitions.

6.2.4 Every NPC is responsible to ensure that appropriate and continuous medical monitoring of its' athletes is undertaken. It is further recommended that NPCs organise for a periodic health evaluation of each athlete that it enters in an IPC Game, IPC Competition or World Para Powerlifting Sanctioned Competition and that NPCs appoint a team physician to attend all such competitions.

6.2.5 The World Para Powerlifting Technical Delegate will be entitled to prevent any athlete from competing where in his opinion it would be dangerous for the athlete to compete, including where the safety of other athletes, officials, spectators and/or the competition itself is put at risk.

6.2.6 At all times, the overriding priority must be to safeguard the health and safety of athletes, officials and spectators. The outcome of the relevant competition must never influence such decisions.

6.3 Medical withdrawal request

6.3.1 At all IPC Games, IPC Competitions and World Para Powerlifting Sanctioned Competitions the official World Para Powerlifting Medical Withdrawal Request Form (located on the World Para Powerlifting website) must be submitted to the World Para Powerlifting office in order to officially request the withdrawal of an athlete from the relevant competition after submission of the final entry numbers.

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6.3.2 The Medical Withdrawal Request Form must be signed by the team physician of the athlete. In the event there is no team physician, if the team has an agreement to use the physician of another team that physician may sign the form. Alternatively, the LOC Chief Medical Doctor may do so.

6.3.3 All sections of the Medical Withdrawal Request Form must be completed.

6.3.4 All Medical Withdrawal Request Forms must be submitted at least thirty (30) minutes prior to the relevant event of the competition. If this is not possible (for example due to the onset of an acute injury or illness within the thirty (30) minutes prior to the relevant event) an explanation must be provided in the Medical Withdrawal Request Form.

6.3.5 A representative of the IPC Medical Committee, or such other person determined by the IPC/World Para Powerlifting, shall determine whether a Medical Withdrawal Request is accepted. This decision is final with no opportunity to protest or appeal.

6.4 Medical insurance

6.4.1 NPCs are responsible to ensure suitable medical provision and medical insurance coverage for their respective delegations for World Para Powerlifting Recognised Competitions and (subject to Regulation 6.4.2 below) for the full duration of the relevant competition, including travel to and from such competitions. NPCs must provide a copy of this insurance to World Para Powerlifting if requested.

6.4.2 It shall be the responsibility of the LOC in each case to ensure on-site medical, emergency ambulance, first aid services and medical insurance coverage is provided at all IPC Games, IPC Competitions and World Para Powerlifting Sanctioned Competitions. The IPC Medical Committee shall issue and keep updated practical guidelines to assist LOCs in providing adequate medical services and taking appropriate safety measures at such competitions.

6.5 Medical and safety services at IPC Games, IPC Competitions and World Para Powerlifting Sanctioned Competitions

6.5.1 The LOC shall be responsible for implementing the medical and safety services for IPC Games in accordance with the relevant host agreement.

6.5.2 LOCs shall be responsible for implementing the medical and safety services at IPC Competitions and World Para Powerlifting Sanctioned Competitions in accordance with the Scope of Event Medical Services for IPC Athletes (that forms part of the host agreement between the IPC and the LOC).

6.5.3 A Competition Medical Director shall be appointed by the LOC for each IPC Competition and World Para Powerlifting Sanctioned Competition to prepare and co-ordinate the medical services and safety requirements during the relevant

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competition. The IPC Medical and Scientific Director shall be the liaison person between World Para Powerlifting and the Competition Medical Director for all medical and safety-related matters. The IPC Medical and Scientific Director may delegate specific responsibilities to such person or persons at his discretion.

6.5.4 At all IPC Competitions and any other competitions determined by World Para Powerlifting, World Para Powerlifting shall be responsible to ensure a medical representative to monitor implementation of these and any other competition specific medical and safety rules.

6.6 Harassment

The dignity of every individual must be respected. All forms of abuse and/or harassment are prohibited. The IPC Code of Ethics and the IPC Policy on Non-accidental Violence and Abuse (located on the IPC website) applies to all World Para Powerlifting Recognised Competitions.

6.7 Autonomic dysreflexia

The IPC Policy on Autonomic Dysreflexia (located on the IPC website) applies to all World Para Powerlifting Recognised Competitions.

6.8 Hypoxic or hyperoxic chambers or tents

The use of hypoxic or hyperoxic chambers or tents is prohibited at all World Para Powerlifting Recognised Competitions.

6.9 Heat

The IPC Heat Policy (located on the IPC website) applies to all World Para Powerlifting Recognised Competitions.

6.10 Smoking Ban

Smoking is prohibited during competition at all venues of World Para Powerlifting Recognised Competitions.

7 Technology and Equipment

7.1 Fundamental principles

7.1.1 The IPC Policy on Sport Equipment (located on the IPC website) applies to all World Para Powerlifting Recognised Competitions. The principles outlined in this policy apply in particular (but not exclusively) in relation to the development of sports specific prosthetic devices.

7.2 Monitoring of the use of technology and equipment

7.2.1 The World Para Powerlifting Technical Delegate, or his designee, will monitor the use of technology and equipment at World Para Powerlifting Recognised Competitions to ensure that it conforms to the principles outlined in the IPC Policy

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on Sport Equipment. This may include, but will not be limited to, the assessment of:

7.2.1.1 whether or not equipment and/or prosthetic components are commercially available to all athletes (prototypes that are purpose built by manufactures exclusively for the use of a specific athlete shall not be permitted); and/or

7.2.1.2 whether equipment contains materials or devices that store, generate or deliver energy and/or are designed to provide function to enhance performance beyond the natural physical capacity of an athlete.

7.3 Prohibited technology

7.3.1 Use of the following technology is prohibited at World Para Powerlifting Recognised Competitions:

7.3.1.1 equipment that breaches the fundamental principles outlined in the IPC Policy on Sport Equipment;

7.3.1.2 equipment that results in athletic performance being generated by machines, engines, electronics, motors, robotic mechanisms or the like; and

7.3.1.3 osteo-integrated prosthesis.

7.3.2 At any IPC Games, IPC Competition or World Para Powerlifting Sanctioned Competition the World Para Powerlifting Technical Delegate shall be entitled to prohibit the use of any equipment prohibited by these Regulations. In every case of a suspected breach the World Para Powerlifting Technical Delegate must report the matter to World Para Powerlifting. Upon receiving such a report World Para Powerlifting must refer the matter to the IPC Medical and Scientific Director. Any further investigation and/or action will be determined by the IPC on a case by case basis.

7.3.3 World Para Powerlifting shall be entitled to prohibit the use of equipment either permanently or on a temporary basis (to allow for further investigation) where it considers, acting reasonably, that any of the fundamental principles of equipment design and availability are breached.

8 Disciplinary rules

8.1 The IPC Code of Ethics and the World Para Powerlifting Code of Conduct

8.1.1 The IPC Code of Ethics and the World Para Powerlifting Code of Conduct (located on the IPC website) shall apply to all participants of World Para Powerlifting Recognised Competitions.

8.1.2 Any breach of these Regulations shall be determined in accordance with the procedures outlined in the World Para Powerlifting Code of Conduct.

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9 Protests & Appeals

9.1 Field of play

9.1.1 Protests relating to the field of play shall be determined in accordance with the Competition Rules.

9.2 Anti-doping

9.2.1 All anti-doping rule violations, including any appeals regarding such violations, shall be determined in accordance with the IPC Anti-Doping Code.

9.3 Classification

9.3.1 Protests and appeals relating to Classification shall be determined in accordance with the World Para Powerlifting Classification Rules and Regulations.

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PART C – WORLD PARA POWERLIFTING COMPETITION RULES

10 World Para Powerlifting General Regulations

10.1 World Para Powerlifting Events

10.1.1 The sport of Para powerlifting is open to male and female junior and senior athletes with eight (8) eligible physical Impairments who compete in one (1) Sport Class (as defined in the World Para Powerlifting Classification Rules and Regulations), but in ten (10) different weight categories (events) per gender individual and team.

10.1.2 **Bodyweight Categories - Women**

Up to 41.00 kg	up to 41.00 kg
Up to 45.00 kg	from 41.01 kg to 45.00 kg
Up to 50.00 kg	from 45.01 kg to 50.00kg
Up to 55.00 kg	from 50.01 kg to 55.00 kg
Up to 61.00 kg	from 55.01 kg to 61.00 kg
Up to 67.00 kg	from 61.01 kg to 67.00 kg
Up to 73.00 kg	from 67.01 kg to 73.00 kg
Up to 79.00 kg	from 73.01 kg to 79.00 kg
Up to 86.00 kg	from 79.01 kg to 86.00 kg
Over 86.00 kg	from 86.01 kg and over

10.1.3 **Bodyweight Categories - Men**

Up to 49.00kg	up to 49.00kg
Up to 54.00 kg	from 49.01 kg to 54.00 kg
Up to 59.00 kg	from 54.01 kg to 59.00 kg
Up to 65.00 kg	from 59.01 kg to 65.00 kg
Up to 72.00 kg	from 65.01 kg to 72.00 kg
Up to 80.00 kg	from 72.01 kg to 80.00 kg
Up to 88.00 kg	from 80.01 kg to 88.00 kg
Up to 97.00 kg	from 88.01 kg to 97.00 kg
Up to 107.00 kg	from 97.01 kg to 107.00 kg
Over 107.00 kg	from 107.01 kg and over

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10.2 Add-ons

10.2.1 Additions to the athlete's bodyweight will be made for athletes with lower limb deficiency, as follows:

Type of amputation	Additions (kg)	
	Up to 67 Kgs b/w	67.01 Kgs & Over b/w
for each through ankle amputation add:	+ ½ kg	+ ½ kg
for each below knee amputation add:	+ 1 kg	1½ kg
for each through knee amputation add:	+ 1 kg	+ 1½ kg
for each above knee amputation add:	+ 1½ kg	+ 2 kg
for each complete hip disarticulation add:	+ 2½ kg	+ 3 kg

10.2.2 All five (5) types of amputation must be verified by an international classifier during Classification and recorded in the athlete's record of achievement book.

10.3 Hosting Competitions

10.3.1 For an overview of the hosting requirements and application process for competitions, refer to **Appendix 2.**

10.3.2 To apply to host a World Para Powerlifting Recognised Competition, the LOC must submit the relevant application form by the applicable deadlines outlined below:

World Para Powerlifting Recognised Competition	Deadline for application submission (months/ years prior to proposed competition date)	
	Expression of Interest	Application / Bid
National Competition	NA	3 months
Invitational Competition	NA	6 months
World Para Powerlifting World Cup	18 months	1 year
World Para Powerlifting Regional Championships	4 years	4 years
World Para Powerlifting Championships	4 years	4 years

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10.4 Technical Officials

10.4.1 All WPPO Recognised Competitions are required to have WPPO qualified technical officials and classifiers in attendance to oversee all technical and classification matters to ensure that the competition is run in accordance with these Rules.

10.4.2 The number of WPPO officials appointed to each WPPO Recognised Competition may be in accordance with the table of requirements and competition designation as outlined in **Appendix 3**.

10.4.3 At WPPO Recognised Competitions, WPPO international and national officials can be appointed by WPPO in consultation with the Technical Delegate, to fulfil the various technical roles as outlined below:

Technical Delegate (TD)	
Technical Delegate Assistant (TDA)	
Marshall (M)	
Weigh In Official (WI)	
Kit Check Official (KC)	
Technical Classifier (TCO)	
Jury	o President of Jury (PJ) o Jury 1 (J1) o Jury 2 (J2) o Jury 3 (J3)
Referees	o Chief Referee (CR) o Right Side Referee (RR) o Left Side Referee (LR)
National Technical Officials	o Card Controller (CC) o Technical Announcer (TA) o Timekeeper (TK) o Manual Results Controller (MRC) o Technical Controller (TC) o Technical Controller 1 (TC1) o Technical Controller 2 (TC2) o Technical Controller 3 (TC3) o Technical Controller 4 (TC4)
Classifiers	o Chief Classifier (CC) o Classifiers (C)

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Spotter Loaders	o Chief Spotter Loader 1 & 2 o Side Spotter Loaders 1 - 4

10.4.4 Travel (home to home), accommodation (full board), visa costs and per-diem of all World Para Powerlifting Level 1 and 2 international technical officials appointed by World Para Powerlifting shall be covered by the organisers of the competition in accordance with the WPPO Technical Requirements agreement signed by the LOC.

10.4.5 Travel (home to home), accommodation (full board) and per-diem of each World Para Powerlifting Level 3 national technical officials from the host nation shall be covered by the organisers of the competition in accordance with the WPPO Technical Requirements agreement signed by the LOC.

10.4.6 The appointment and payment of suitable Spotter Loaders (technical paid staff) will be the responsibility of the respective LOC.

10.5 Basic Overview of Technical Officials Responsibility in Competition

Technical Delegate	✓ Consistently monitor and oversee the competition in liaison with the LOC Competition Manager and WPPO management team to ensure that all technical operations are applied in accordance to these Rules throughout the entire Competition.
Technical Delegate Assistant	✓ To assist and provide support to the TD on all administrative and technical matters relating with the competition. ✓ In the absence of the TD, the TDA will assume the position and all roles and responsibilities of the TD.
President of Jury	✓ Is in charge of applying all rules and regulations for the full duration of that respective competition session that they are appointed for. ✓ Responsible to evaluate each lift during the competition. ✓ Responsible to provide the final approval as to whether a Power Lift may take place.
Jury	✓ Responsible to evaluate each lift during the competition. ✓ The Jury can never change the collective decision of the three (3) Referees except in the case that a technical challenge against the Referee decision is lodged. ✓ During the competition the Jury will be seated near the field of play in such a position to ensure a totally unimpeded view of the competition.
Referees	o <u>Chief Referee:</u> ✓ Always seated a minimum of 1m behind top of the (4x4m) lifting area/platform

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	✓ In conjunction with the 2 side referees, is equally responsible for checking the starting position on the bench and to adjudicate all lifts for that respective session. ✓ Ensures that the all actions that occur upon the field of play are in line with these Rules. ✓ Responsible to check that the rack height and loading of the bar is as requested. ✓ Delivers a loud and clear audible and visual start and rack command. o <u>Side Referees:</u> ✓ The RR and LR are always seated in opposite corners a minimum of 1.5 m away from the base of the (4x4m) lifting area/platform. In conjunction with the CR, they are equally responsible for checking the starting position of the athlete on the bench and then must adjudicate all lifts for that respective session.
Technical Officials	o <u>Kit Check Official:</u> ✓ Is responsible to carry out and examine all personal costume and equipment submitted during the kit check and accurately record the outcome on the kit check inspection sheet. o <u>Weigh In Official:</u> ✓ Is responsible to accurately record the athlete's bodyweight during the Weigh In including any necessary add ons. ✓ Is responsible to enter and sign to verify the requested rack height and first attempt (kg) from the athlete/coach during the weigh in. o <u>Marshall:</u> ✓ Is responsible to accept, check and verify (sign) all weight changed attempts registered by the athlete or coach. ✓ Contact the PJ for approval if an athlete has requested a "Power Lift" attempt. o <u>Card Controller:</u> ✓ To arrange the attempt cards given by the Marshall, dictated first by weight, and then when a given weight requested is the same it should be ordered by lowest lot draw number. ✓ Present appropriately ordered attempt cards as per the respective technical rules and event to the data entry or speaker/announcer, one by one. o <u>Technical Announcer:</u>

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	✓ Is responsible for technical announcements and is essential for ensuring the overall efficient running order of the competition. ✓ Follow the full Technical Announcer and sport presentation scripts throughout the competition, as detailed in **Appendix 9.** o Time Keeper: ✓ Is responsible to accurately record the time an athlete is allocated for starting the attempt after being called to the platform. ✓ Must start the clock only after the athletes' full name is announced. ✓ Informs the TA to give the audible signal when the athlete has one (1) minute remaining. ✓ Must stop and reset the clock as soon as the 'start' command and signal is given by the CR. o Manual Results Controller: ✓ Responsible to manually record all the results for that session. o Technical Classifier: A WPPO classifier that remains for the duration of the competition to support the technical officials by reviewing each athlete passport in the kit check to ensure that all classification remarks are representative of the outcome of their athlete evaluation. The classifier must then accurately communicate to all Referees and Jury members prior to the start of that session to help ensure that each lift is adjudicated taking into account all activity limitations for each individual athlete's impairment. o Technical Controller: ✓ Responsible to control the athlete and coach access onto the FOP for each attempt, only once the athlete's full name has been called by the TA and the two (2) minute countdown has started. ✓ Responsible to check that prior to entering the FOP all athletes are using only the uniform and equipment approved during the kit check. ✓ Prior to entering the FOP for a Senior World Record attempt only, the athlete's uniform and equipment must be inspected by the TC in the warm-up area in the presence of the TD. If the lifter is found to be wearing any illegal substance or apparel, including clothing not recorded during the official kit

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	check, the athlete will not be permitted to enter the FOP and will be disqualified from the competition. ✓ Ensures athletes are suitably informed and ready in a timely manner for both the athlete's presentation and victory ceremonies. o <u>Technical Controller 1- 4:</u> ✓ TC1: Responsible, when required, to assist the control of access into the weigh-in room. ✓ TC1: Responsible to control the flow of the athlete or coach to the Marshall table. ✓ TC2: Responsible to assist the TC and TC1 where required, and also control the access of all accredited persons into and out of the warm up area. ✓ TC3: Responsible to accurately call the athletes to the kit check by order of lot number and following the completion of their kit check direct them to the weigh in changing area. ✓ TC4: Responsible to call the athletes to the scales by order of lot number and accurately announce the exact bodyweight shown on the scale to the weigh in official.
Spotter Loaders	Responsible to assist the CR in the smooth, efficient and orderly running of the competition by setting the rack height, loading the bar and keeping all the equipment and platform, clean, tidy and safe: o <u>Chief Spotter/Loader 1 & 2:</u> ✓ Responsible to follow the direction and guidance of the CR. ✓ Give general guidance and direction to the side spotters to ensure the bar is correctly and efficiently loaded and unloaded. ✓ The lift out should be a positive and firm lift out and over across the chest line of the athlete (always following any guidance offered by the athlete or their coach). Once the athlete gives any positive indication of having control of the bar it should be released in a positive but very controlled manner into the extended arms of the athlete, and then the Chief Spotter should stand back and away to the side as quickly as possible so that the CR can see and command the athlete to 'start'. o <u>Side Spotter/Loaders 1 - 4:</u> ✓ Responsible to always be in attendance and alert to the side of the bar during every attempt. Both hands must remain interlocked together and no more than 10cm underneath but

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	never touching the end of the bar, (sleeves or collars) throughout the lift until commanded to do so. ✓ Must follow the movement of the bar (shadowing the move) down and back up again being in total readiness to relieve the athlete of the bar in case of a lack of control or failed attempt or where requested to take the bar by either the athlete or following the command from the Chief Referee to 'rack'. ✓ Can assist the athlete to take the bar out of the racks at the beginning of the lift, but only if requested by the lifter or his coach. The bar must be loaded in accordance with the WPPO loading chart in **Appendix 4.**

10.5.1 For further details on the technical officials' roles and responsibilities for each level of WPPO Recognised Competition, refer to the WPPO Technical Officials Handbook in **Appendix 5**.

10.5.2 Licensed WPPO technical officials that have any other active role or any involvement with a competing NPC/NF (e.g. coach, NPC/NF delegate or athlete) will not be appointed for any WPPO officiating duties in that competition.

10.5.3 All technical officials must always be appropriately dressed in clean and tidy uniform when on competition duty. Further details regarding the technical officials' uniform dress code is available in the WPPO Technical Officials Handbook in **Appendix 5**.

10.6 The Coach

10.6.1 The coach plays a pivotal role for the athlete especially where the athletes' welfare, health and safety are concerned. The NPC and or NF of any coach operating at a WPPO Recognised Competition have the full responsibility to ensure he has the necessary qualifications and insurance to fulfil the role effectively and safely.

10.6.2 The coach must always wear appropriate clean and tidy clothing, this should include the official team uniform and suitable footwear (closed toe shoes). Any advertising that features upon this uniform must be compliant with the World Para Powerlifting Uniform Advertising Guidelines available in **Appendix 6**.

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11 Pre-Event Criteria Process

11.1 Age Groups

Two (2) men and women age groups (junior and senior) are recognised in all World Para Powerlifting Recognised Competitions with the exception of the Paralympic, Regional and Sub Regional Games and Youth Para Games where only one (1) age group is recognised.

11.1.1.1 **Junior:**

To meet the eligibility requirements to participate in WPPO Recognised Competitions in the junior age group, the minimum age is 15 years of age by 31 December of the year of the competition, and the maximum age is no older than 20 years of age by 31 December of the year of the competition.

11.1.1.2 **Senior:**

To meet the eligibility requirements to participate in WPPO Recognised Competitions in the senior age group, the minimum age is 15 years of age by 31 December of the year of the competition.

11.1.1.3 **Mixed Teams:**

- The mixed team event is only available at World Para Powerlifting Championships and World Cups where a senior category is present; it will not be permitted in stand-alone junior events (example Junior World Championships).
- However, junior athletes are permitted to compete in the mixed team event as a senior, providing they are a minimum of 15 years of age by 31 December of the year of the competition

11.2 Minimum Qualifying Standards (MQS)

11.2.1 MQS are set to promote a high standard of competition. The MQS will be defined by WPPO for IPC Competitions and WPPO Sanctioned Competitions and published in the relevant competition information package and or qualification guide.

11.2.2 The MQS will be constantly reviewed and can be adjusted up or down at any time in the best interest and advancement of the sport, at the discretion of WPPO. To view the full WPPO MQS table refer to **Appendix 7.**

11.3 Competition Entries

11.3.1 All athletes must be entered by their respective NPCs or otherwise authorised organisation and accepted by WPPO to participate in any WPPO Recognised Competition.

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11.3.2 All entries from NPCs/NFs must be received by the deadlines as set out in the competition information package. Close of entries is midnight CET on the date given.

11.3.3 **Entry by Number must include:**

11.3.3.1 Total number of athletes by gender and bodyweight category, and total number of team officials participating.

11.3.3.2 For individual team events it must include which bodyweight category the NPC wishes to enter a team into.

11.3.3.3 For mixed teams it must include the total number of Mixed Teams that the NPC wishes to enter.

11.3.4 **Final Entry by Name must include:**

11.3.4.1 Full details of all registered and licensed athletes for the respective competition season via SDMS entered in the competition.

11.3.4.2 Confirmation of all individual bodyweight categories, with names of all competing athletes is considered final. Following the submission of the final entry by name, athletes will have one opportunity to change bodyweight categories in the technical meeting as detailed in the entry changes section.

11.3.4.3 Confirmation (name and details) of all team officials participating at the competition.

11.3.4.4 For individual team events it must include the full names of the athletes competing in each individual team per bodyweight.

11.3.4.5 For mixed teams it must include the full names of the athletes that the NPC wishes to enter for each mixed team.

11.3.4.6 Once submitted, the competing athletes per mixed team are considered final. Following the submission of the final entry by name, teams will have one opportunity to change the athletes entered in the mixed team in the technical meeting, as detailed in the entry changes section.

11.3.4.7 All competition details and documents (as applicable) including accommodation, transport, visa and accreditation.

11.3.5 **Maximum entries per NPC**

11.3.5.1 At all WPPO Recognised **Senior** Competitions (except national competitions where there is no maximum number of entries per NPC and the Paralympic Games and Regional Para Games which will be in accordance with the respective published qualification criteria) the maximum number of entries per NPC across all senior bodyweight categories will be:

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- Female Athletes: Twenty (20)
- Male Athletes: Twenty (20)

11.3.5.2 There must not be more than **two (2) senior** athletes from any one country in the same bodyweight category with the exception of NPCs that wish to enter the senior team events (provided this is viable by the final entry deadline). Such NPCs will be permitted to enter one (1) additional athlete per each bodyweight category.

11.3.5.3 If NPCs enter a senior team event only the two (2) highest ranked athletes in the individual event and are eligible to win a medal. The third athlete entered to form the team will have their individual result recognised for ranking purposes, but they will not be eligible to win an individual medal. All three (3) athletes will be eligible to win a medal in the senior team event.

11.3.5.4 At all World Para Powerlifting Recognised **Junior** Competitions (except national competitions where there is no maximum number of entries per NPC, and the Youth Para Games which will be in accordance with the respective published qualification criteria) the maximum number of entries per NPC across all junior bodyweight categories will be:

- Female Athletes: thirty (30)
- Male Athletes: thirty (30)

11.3.5.5 There must not be more than **three (3) junior** athletes from any one country in any particular bodyweight category.

11.3.5.6 At all World Para Powerlifting Recognised Competitions (except national competitions where there is no maximum number of entries per NPC, and the Paralympic Games, Youth Para Games and Regional Para Games, which will be in accordance with the respective published qualification criteria) the maximum number of entries for the **competition host NPC** in all senior and junior bodyweight categories will be:

- Senior Female Athletes: Thirty (30)
- Junior Female Athlete: Thirty (30)
- Senior Male Athletes: Thirty (30)
- Junior Male Athletes: Thirty (30)

11.3.5.7 There must not be more than three (3) junior and three (3) senior athletes from any host NPC in the same bodyweight category.

11.3.5.8 For Mixed Teams, Nations are permitted to enter a maximum of three (3) teams in the mixed team event. Each of the three (3) athletes that comprise a team may be from different bodyweight categories.

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11.3.5.9 Each individual mixed team must consist of the following minimum number of athletes:

- Athletes per individual Mixed Team: Three (3)* from the same nation.

*Note: There must be a minimum of one (1) female per mixed team (example: one (1) female & two (2) male OR one (1) male & two (2) female)

11.3.5.10 The maximum number of athletes per NPC that can be entered into the mixed team event is:

- Athletes for three (3) Mixed Teams: Nine (9)*from the same nation

*Note: There must be a minimum of one (1) female per mixed team

11.3.6 Team Event

11.3.6.1 At WPPO World Cups, WPPO Regional Championships and WPPO Championships team events can be viable within each one of the twenty (20) individual senior bodyweight categories.

11.3.6.2 A team must consist of three (3) competing athletes from the same nation within that individual bodyweight category in that competition.

11.3.6.3 There must be a minimum of two (2) viable teams entered within that individual bodyweight category.

11.3.6.4 Team events only exist in senior bodyweight categories, but the team may comprise of both senior and junior athletes if such athletes compete in the same bodyweight category at the same time.

11.3.7 Mixed Team Events

11.3.7.1 Only at WPPO World Cups, WPPO Regional Championships and WPPO Championships will one (1) mixed team event be viable under the following conditions:

11.3.7.2 There must be a minimum of two (2) competing teams, both of which may be from the same nation.

11.3.7.3 Teams must consist of three (3) athletes from the same nation, and there must be a minimum of one (1) female athlete.

11.3.7.4 Each of the three (3) athletes that comprise a team may be from different bodyweight categories.

11.3.7.5 Nations are permitted to enter a maximum of three (3) teams in a mixed team event.

11.3.7.6 Athletes entered in a mixed team event may also be entered in an individual event or may be an additional athlete outside the maximum entry per NPC.

11.3.8 Late Entries

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11.3.8.1 Late entry requests (submitted after the final entry by name deadline) may be accepted at the complete discretion of the LOC and WPPO if it is deemed that they can be accommodated (i.e. within the competition schedule, sufficient time for processing visas, etc).

11.3.9 **Entry changes**

11.3.9.1 At all WPPO Recognised Competitions except the Paralympic Games, athletes will have the opportunity to change bodyweight categories during the technical meeting only, either up or down one (1) bodyweight category only from the category nominated at the time of the final entry deadline.

11.3.9.2 If there is an MQS set per bodyweight category for that specific competition where an athlete wishes to make a bodyweight change then the change shall still be permitted even if the athlete has not lifted the MQS for the chosen bodyweight category.

11.3.9.3 Only one (1) change per athlete is accepted and must be requested during the allocated time in the technical meeting. A penalty fee of one hundred Euro (€100)* will be imposed for each requested change and must be paid immediately in cash to WPPO during the technical meeting for the change to be accepted.

11.3.9.4 The new bodyweight category accepted only upon receipt of payment at the technical meeting is considered final, and no further changes will be allowed.

11.3.9.5 There will be no other opportunity for a change of bodyweight categories and instead the athlete will be disqualified, withdrawn from the competition and recorded in the results as DNS (did not start).

11.3.9.6 At the Paralympic Games the nominated bodyweight category for the allocated slot of each athlete is considered final and no changes are possible.

*The total fund collected annually from teams requesting bodyweight changes will be invested into the WPPO tailored anti-doping programme: Raise the Bar.

11.3.9.7 For mixed teams NPCs will have the opportunity to change the athletes entered in the mixed team event in the technical meeting only.

11.3.9.8 No penalty fees will be charged for nations to submit these changes, however in order for any changes to be accepted the following criteria must be met:

- Any new athlete names submitted must meet the athlete eligibility criteria and minimum age requirement as outlined in the competition information package
- Changes must adhere with the minimum entries per NPC ensuring each team consists of a minimum of three (3) athletes from the same NPC including a minimum of one (1) female.

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11.4 Cancellations

The cancellation dates and policies for each competition will be clearly published in each competition information package and must be adhered to at all times.

11.5 Viability of the Events

In all WPPO Recognised Competitions, an event can be considered viable when the below minimum athlete numbers apply per bodyweight category:

11.5.1.1 1 Athlete: **MQS rule** when there is one (1) athlete in a single bodyweight category and they lift equal to or more than the respective level MQS for that bodyweight category as published in the competition information package (Gold).

11.5.1.2 2 Athletes: **Minus one rule (-1)** when there are two athletes in a single bodyweight category (Gold).

11.5.1.3 1 or 2 Athletes: **AH (Haleczko) formula*** when the total number of athletes is one (1) or two (2) in more than one (1) bodyweight category, then combined groups can be formed at the discretion of WPPO to consist of at least two (2) or more athletes per group for each gender. The medals will be calculated using the AH Formula (Gold, Silver or Gold, Silver, Bronze), however the final result that will be recognised is the athletes best lift.

11.5.1.4 3 or more Athletes: **All medals** will be awarded (Gold, Silver, Bronze)

*AH formula is automatically applied and adapted for the Commonwealth Games (when the total number of athletes is one (1) or more in more than one (1) bodyweight category) as it has a pre-determined restricted medals programme.

11.5.2 The final viable events for all WPPO Recognised Competitions will be discussed and constructed in consultation with the LOC, TD and WPPO prior to and or after the technical meeting.

11.5.3 **Mixed Team Event Viability**

11.5.3.1 In order for the mixed team event to be viable there must be a minimum of two (2) competing teams, both of which may be from the same nation.

11.5.3.2 There can be up to a maximum of ten (10) teams entered, based upon a first come first served basis by the final entry by name deadline for the respective competition.

11.6 Groups

11.6.1 Athletes can compete within a single bodyweight category or within a combined group as detailed below:

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11.6.1.1 Single Bodyweight Category: A designated single bodyweight category per gender, with medals awarded in following formats:

- 3 or more athletes
- Minus one rule (-1)
- MQS rule

11.6.1.2 Combined Group: Where there can be multiple combined viable bodyweight categories per gender in any one session, with medals awarded in following formats:

- 3 or more athletes
- Minus one rule (-1)
- MQS rule
- AH Formula

11.6.2 In all WPPO Recognised Competitions wherever there are eleven (11) or more athletes competing in a single bodyweight or combined groups then sub groups will be formed with a minimum of five (5) athletes per sub group.

11.6.3 Where sub groups are formed they should be as equal in number as possible, and the order of grouping shall be determined by the starting weight declared at the weigh-in. The athletes with the lowest starting weights will form the first group to lift, with progressively higher starting weights forming subsequent descending alphabetically labelled groups. (Example 25 athletes: Group C = 8 athletes, Group B =8 athletes, Group A =9 athletes).

11.6.4 In very exceptional circumstances, and at the complete discretion of the TD in consultation with WPPO, if it is necessary for a group or subgroup to be formed of less than five (5) athletes, then additional recovery time will be calculated as displayed below and added at the end of each competition round.

Number of Athletes	Added time per Round
Three (3)	+ 4 mins
Four (4)	+ 2 mins

12 Pre-Competition Phases

12.1 Lot Number Draw

12.1.1 The drawing of lots is a process where athletes are allocated a lot number; in IPC Competitions and WPPO Sanctioned Competitions this will be a random allocation via computer, in WPPO Approved Competitions it will be conducted by the TD.

12.1.2 The drawing of lot numbers for all competing athletes and mixed teams must be completed prior to the start of the technical meeting.

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12.1.3 The lot number will dictate the following:

12.1.3.1 The order with which athletes and mixed teams attend the kit-check and then weigh in for their weight category, with the lowest lot number going first.

12.1.3.2 The order with which athletes and mixed team members complete their attempt (lift) only in the case that two (2) or more athletes have submitted the same weight for that attempt, with the athlete who has the lowest lot number lifting first.

12.2 Technical Meeting

12.2.1 A technical meeting with the official representatives of each participating country must take place for all WPPO Recognised Competitions a minimum of one (1) day prior to the start of competition.

12.2.2 A maximum of two (2) representatives per participating country are permitted to attend the technical meeting.

12.2.3 The technical meeting will be delivered in English language, and the following matters can be addressed:

- Roll Call by country;
- Final entry verification;
- Bodyweight change requests/Mixed team name changes;
- The Competition Schedule;
- Rules and Regulations
- Warm up passes
- Anti-doping advice;
- Necessary protocols (Ceremonies etc);
- LOC matters (Transport, Meal times etc);
- Any other business/questions.

12.2.4 If bodyweight changes requested during the technical meeting lead to the need to adjust to the final competition schedule, then updates will be made immediately following the close of the technical meeting and all participating countries will be notified of any changes in a timely manner.

12.3 Athletes Personal Costume and Equipment

12.3.1 All athletes must always appear in correct, clean and tidy dress, which must consist of a one-piece lifting suit, t-shirt, socks, shoes (if applicable) and sports bra (if applicable) according with the following specifications and **Appendix 6**.

12.3.2 One piece lifting suit:

12.3.2.1 The suit must be made from a one-ply, limited stretch material. The material can consist of a mix, examples include:

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(a) cotton/elastane;

(b) polyester/elastane;

(c) nylon/elastane;

with up to a maximum of 18% elastane in any case.

12.3.2.2 The suit must not have any additional encased (stitched in) elastic anywhere in the suit, nor any additional patches or padding, and it must not be a weightlifting style suit with any double stitching and/or offer additional support. The lifting suit must be a one-piece lifting suit with shoulder straps and must not have a zipper fastening. The straps must be worn over the shoulders at all times while lifting in competition.

12.3.2.3 The one piece lifting suit can be full length, extending to the ankles and include a stirrup or alternatively can be a short leg version.

12.3.2.4 Where a short leg version is used they must never measure shorter than 10 cm along each inseam but must always be above the knees and as close fitting to the legs as possible.

12.3.2.5 The lifting suit may be comprised of one or more colours.

12.3.2.6 Any other style of lifting costume or uniform will not be accepted.

12.3.3 T-Shirt:

12.3.3.1 A round neck t-shirt of any colour, or colours, must be worn under the lifting suit at all times.

12.3.3.2 It can be made exclusively of either cotton or polyester or can also be a mixture of both. No other materials are allowed.

12.3.3.3 It cannot have any pockets, buttons, zippers, collar or a V-neck.

12.3.3.4 It shall not have sleeves, which finish either below the elbow or up at the deltoid (nor capped sleeves).

12.3.3.5 Athletes are not allowed to push the sleeves of the t-shirt up to the deltoid when competing.

12.3.3.6 It cannot be made of any ribbed material.

12.3.3.7 It cannot consist of any rubberised or similar stretch material.

12.3.3.8 It cannot have any reinforced seams.

12.3.3.9 It must fit loosely enough on the athlete's body to ensure that it does not allow the athlete any physical support.

12.3.4 Shoes and or Socks:

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12.3.4.1 Shoes and or Socks must be worn in all cases during WPPO recognised competitions.

12.3.4.2 Where there are exceptional circumstances through having a specific impairment it is permissible for athletes to not wear either socks and or shoes, this must be approved during Classification and noted by the classifier in the athlete's record of achievement book or classification form.

12.3.5 Bra:

12.3.5.1 When worn during competition, only sports bras without any stiffening, padding or under wiring are permitted.

12.3.5.2 It must lie totally flat when placed on the kit check table.

12.3.5.3 The bra that will be worn during the competition has to be made readily available for checking by the technical officials on the kit check table only.

12.3.5.4 Any athlete considered to be using the bra to gain unfair advantage (i.e. making it too tight to unnaturally raise the chest or padding out after kit check) can be challenged from the Jury and Referees which can result in disqualification.

12.3.6 Head dress:

12.3.6.1 Where a head dress is worn by either female or male athletes it must only be made of a one ply, single, plain coloured material.

12.3.6.2 For health and safety reasons a head-dress must never have any sequins or other jewellery attached to it.

12.3.6.3 It must always be close fitting to the shape of the head / neckline.

12.3.6.4 It must never fully cover the face or go below the neck line where it impedes a Referees' view of the neck and shoulders.

12.3.7 Leg/Bench Straps:

12.3.7.1 Any athlete is allowed to have their legs strapped to the bench for additional stability and with the choice of using either one or two straps.

12.3.7.2 Leg / Bench straps must measure between 1.6m – 2.2m in length and between 7.5cm - 10cm in width with no additional padding, metal buckles or loops.

12.3.7.3 Only Velcro type fastening is allowed.

12.3.7.4 The official competition bench straps, personal bench straps or a mixture of both can be used.

12.3.7.5 Where any personal bench straps are used, each and every personal strap being used should be presented and shown at the kit check, before weigh-in.

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12.3.7.6 Strapping is allowed anywhere on the legs from the ankles to the top of the thigh but must never be on, across or above the hip line. The only exception to this is for amputees with complete hip disarticulation. In such cases, 7.5cm width straps should be used and placed as low as possible away from the groin area and there must never be two (2) straps overlapping each other.

12.3.7.7 Straps must never be placed directly across the knee (patella) unless severe contractures of the legs dictate otherwise. In such cases, athletes must be assessed during Classification and any necessary use of straps across the knee entered in the athlete's record book of achievement.

12.3.7.8 In all circumstances there must never be two (2) straps overlapping and or touching each other and a visible gap between the two (2) straps must be present. The only exception is where an athlete has extreme contractures of the legs. In this case, for safety reasons, strapping may be overlapped provided a classifier has verified this and entered the exception in the athlete's record book of achievement.

12.3.7.9 Strapping of the legs must be done by either the athlete or the coach; in either case this can be with the assistance of the spotter / loaders but must always be under the supervision of the Referees.

12.3.8 Belt:

12.3.8.1 Athletes may choose to wear a lifting belt. If worn it must always be on the outside of the lifting suit.

12.3.8.2 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 but cannot have any additional padding, bracing or supports of any material either on the surface or concealed within the laminations of the belt.

12.3.8.3 The belt can have a buckle with one or two prongs or be a 'quick release' type; any type of buckle should be attached at one end of the belt by means of studs and/or stitching.

12.3.8.4 A tongue loop (maximum 2) shall be attached close to the buckle by means of studs and/or stitching.

12.3.8.5 The name of the athlete's nation, or one (1) logo, sponsor or manufacturer can appear on the outside of the belt in accordance with **Appendix 6**.

12.3.8.6 The dimensions of the belt must comply with the following measurements:

12.3.8.7 Maximum width of belt should not exceed 100 mm.

12.3.8.8 Maximum thickness of belt along its main length not to exceed 13 mm.

12.3.8.9 Inside width of buckles maximum 110 mm.

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12.3.8.10 Outside width of buckles maximum 130 mm.

12.3.8.11 Tongue loops maximum width 50 mm.

12.3.8.12 Distance between end of belt and far end of tongue loop maximum 150 mm.

12.3.9 Bandages and Wristbands (wraps):

12.3.9.1 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.

12.3.9.2 Bandages of rubber or rubberised substitutes are strictly forbidden. And a combination of wristband and bandages is not permitted.

12.3.9.3 Bandages must not exceed 1 metre in length and 80 mm in width. Where a bandage is used, it must not extend beyond 100 mm above and or 20 mm below the centre of the wrist joint and must never exceed a total covered width of 120 mm. Athletes must be checked by the TC before entering the FOP.

12.3.9.4 Bandages exceeding the permitted length or width shall be rejected but may be cut by the athlete to the permitted length and width and resubmitted within the specified kit check inspection time. Officials shall not be responsible for cutting bandages and all WPPO officials are prohibited from doing so.

12.3.9.5 Wristbands not exceeding 100 mm in width may be worn.

12.3.9.6 If wristbands are the wrap around style, they may have a thumb loop and Velcro fastening for securing them. They cannot have any additional type of buckle, loop or other style of fastening.

12.3.9.7 The thumb loop can only be used for securing the wristband when the athlete is putting it on, but the loop must be taken off of the thumb during the actual lift.

12.3.9.8 One (1) logo, sponsor or manufacturer can appear on the wristband in accordance with Appendix 6.

12.3.10 Plasters:

12.3.10.1 Plasters must not be worn anywhere on the body without official permission of the TD or, in their absence, the PJ and or the CR, with the Chief Medical Officer on duty in attendance, where available.

12.3.10.2 Plasters [band-aids] cannot be used as aids, e.g. to assist the athlete gripping the bar.

12.3.10.3 The official competition doctor, paramedic or medical personnel on duty may apply plasters to body injuries in a fashion that would not grant the athlete an undue advantage. He/she must consult with the TD or in their absence the CR or PJ.

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12.3.10.4 At all competitions where a Jury might not be present and there are no medical personnel on duty, the TD will have jurisdiction over the use of plasters.

12.3.10.5 Any other types of medical taping, physiological taping, and strapping is not allowed.

12.4 Kit Check

12.4.1 The kit check will always commence no later than five (5) minutes prior to the start time of the weigh in and will end no later than ten (10) minutes prior to the end time of weigh in as published in the competition schedule, should all athletes or mixed teams complete the kit check prior to the published end time, the kit check will be closed. Each athlete or team for the respective session must complete the kit check immediately prior to attending the weigh in.

12.4.2 Athletes and mixed teams will complete the kit check in numerical order of their lot draw (lowest to highest).

12.4.3 Should an athlete, mixed team or member of the mixed team not present for kit check when their lot number is called they will forfeit their position and will be re-called once all other athletes and mixed teams for that category have completed the kit check.

12.4.4 Should an athlete, mixed team or member of the mixed team fail to present to the kit check prior to the time identified as the end of kit-check they will be disqualified (DSQ) from the competition.

12.4.5 Once called, athletes must present a valid form of personal identification (Example: accreditation, passport or WPPO ID card) and their athlete record book or a copy of their most recent classification form in order for the kit check to commence.

12.4.6 Once approved by the Kit Check Official, the athlete must place every piece of clothing and personal equipment that will be worn and or used during the competition on the kit check table for inspection; this can include but is not limited to:

- Lifting Suit, T-Shirt, Shoes, Socks, Bra, Head–dress, Bench Straps, Belt, Bandages, Wrist straps, Plasters.

12.4.7 For approval to use/wear during competition all clothing and equipment presented must be in full accordance with the specifications outlined in Rule 12.3.

12.4.8 Immediately after each athlete has finished their kit check they should proceed directly to the weigh-in room.

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12.4.9 Any athlete found to be wearing/using clothing and equipment during the competition that was not presented and approved during the kit check can be challenged from the Jury, TC and TD.

12.4.10 Should the TC or any jury member suspect any athlete to be wearing/using clothing and equipment during the competition that was not presented and approved during the kit check they should immediately inform the TD. At the earliest opportunity the TD should then review the athlete clothing and equipment in the warm up area against the entry on the kit check inspection list and inform the PJ of the outcome of the inspection.

12.4.11 Based upon the information provided by the TD, it is then at the sole discretion of the PJ to disqualify (DSQ) the athlete from the competition.

12.5 Weigh-In

12.5.1 The weigh in is the official process to verify the athlete's final bodyweight to confirm that the athlete is within the necessary parameters permitting them to compete within their selected bodyweight category.

12.5.2 During the weigh in, the athlete or his coach must declare a starting weight and rack height. All of these details must be clearly entered on the official attempt card for that athlete, witnessed and signed by the athlete or his coach and then signed and retained by the Weigh In Official.

12.5.3 The Weigh In Official and Technical Official appointed to weigh in athletes must match the gender of the competing athletes.

12.5.4 The final and published duration of the weigh-in period per bodyweight category will be calculated in accordance with the final number of entries per event.

12.5.5 The minimum time allocated to complete the weigh in will be twenty (20) minutes.

12.5.6 The maximum time allocated to complete the weigh-in will be ninety (90) minutes, in accordance with the following:

12.5.6.1 From five (5) to twenty (20) athletes an average of four (4) minutes will be calculated per athlete;

12.5.6.2 From twenty-one (21) athletes and over the maximum ninety (90) minute allocation will be allowed.

12.5.7 The weigh in will be carried out in a designated and private weigh in room with the athlete one coach or team representative, and two (2) appointed technical officials.

12.5.8 The athletes will be called to the weigh in room from the changing room and then must present a valid form of personal identification (Example: accreditation,

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passport or WPPO ID card) and their athlete record of achievement book in order for the weigh in to commence.

12.5.9 Any athlete not presenting a valid form of personal identification and their athlete record of achievement book or copy of their most recent classification form will have until the close of weigh in to present this documentation or face disqualification (DSQ).

12.5.10 Each athlete should only be weighed once.

12.5.11 Only those athletes whose bodyweight is heavier or lighter than the limits of the category initially entered are allowed to return to the scales.

12.5.12 Athletes trying to make weight can then only be re-weighed after all other athletes in the same bodyweight category have been called to the scales, but they can be re-weighed as often as this remaining time allows and in orderly progression by lot draw. If the weigh-in time ends and the athlete(s) being re-weighed have still not made the necessary weight, then an additional fifteen (15) minutes will be allocated to the weigh-in time for the athlete(s) to continue to re-weigh in orderly progression by lot draw.

12.5.13 Any athlete(s) that does not make the necessary weight by the end of the additional fifteen (15) minutes will be disqualified from the competition (DSQ).

12.5.14 After completing their weigh in all athletes and coaches should go directly to the rest area to prepare until the warm up area is open for their event.

12.5.15 For Mixed Teams, the weigh in is the official process to verify the team's total bodyweight for the competition.

12.5.16 The final and published duration of the weigh-in period will be calculated as displayed below:

- From two (2) to five (5) teams there will be an allocated weigh in time of 30 minutes
- From six (6) to ten (10) teams there will be an allocated weigh in time of 60 minutes

12.5.17 As athletes are not required to make a certain weight in order to be eligible to compete, they will be weighed only once and under no circumstance will athletes be re-weighed. Additions to the athlete's bodyweight will be made for athletes with lower limb deficiency, as per 10.2.

12.5.18 The weigh in will be carried out in designated and private weigh in rooms (one (1) for female athletes and one (1) for male athletes). The weigh in may be carried out in the presence of one (1) coach or team representative and the Weigh In Official and a Technical Controller, all persons present within the weigh in room must match the gender of the athlete. A form of personal identification from the athlete (example: accreditation, passport, athlete ID) and the athletes record of

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achievement book (passport) or a copy of the athlete classification form must be presented to the technical official prior to beginning the weigh in.

12.5.19 During the weigh in, after the Weigh In Official has entered the bodyweight of the athlete then the athlete or his coach must declare the following in preparation for the mixed team event:

- Lifting order of the athletes (Attempt 1 athlete, Attempt 2 athlete and Attempt 3 athlete).
- Rack height and the starting weight (kg) for the Attempt 1 athlete only.
- To submit the lifting order of the athletes and the rack height and starting weight for the attempt 1 athlete, the athlete or his coach must review the entry made by the technical official and then if it is as requested they must sign the attempt card.

12.6 Warm Up

12.6.1 The warm up area will only be accessible, on presentation of a warm up pass, to competing athletes and their respective coaches, a minimum of thirty (30) minutes prior to the start of an event.

12.6.2 Warm up passes will be distributed at the Technical Meeting. Two (2) warm up passes will be allocated to each participating nation to be maintained and used for the duration of the competition. The warm up passes will enable a maximum of two (coaches) per nation to enter the warm up room when they have competing athletes. Competing athletes for the respective session do not require a warm up pass to enter the warm up room but must present their accreditation.

12.6.3 When events feature more than one (1) group of athletes, the athletes and coaches of the highest alphabetically ordered group that are competing first will have priority access to the benches in the warm up area.

12.6.4 Once the athletes of the first group leave the benches to complete their first lift, the athletes and coaches from the next lowest alphabetically ordered group can access the benches (example: if there are three (3) groups, Group C will have access to the benches first, followed by Group B and then Group A).

12.6.5 In the event there are more athletes in a group than there are benches available in the warm up area, all coaches and athletes must respect each other and allow equal access to the benches to warm up.

12.6.6 Any breach of these Rules by an athlete and/or a coach may result in the removal of the warm up pass or accreditation by WPPO and/or the TD.

12.6.7 For the mixed teams, during the weigh in one (1) representative of each team will be presented with the team bench number. The warm up area will be accessible

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45 minutes prior to start time of the mixed team heats, the three (3) team members and a maximum of two (2) coaches per team will only be permitted access to the warm up room upon presentation of their team bench number, and then should proceed to the corresponding bench number.

12.6.8 The allocated warm up time for the mixed team knockout phase and mixed team third place match and final phase will be 15 minutes, starting from close of competition from the previous phase (Example: final lift of the third round in the mixed team heats phase is completed, then the 15 minutes warm up for the mixed team knockout phase will begin).

12.7 Athlete Presentation

12.7.1 During all WPPO Recognised Competitions with the exception of IPC Games and WPPO Championships, all athlete presentations will be in accordance with the following format:

12.7.1.1 At five (5) minutes prior to the start of the competition the session start list will be displayed on the scoreboard; and the TA will announce the competing athletes in order of first attempt (lowest to highest) announcing first their country followed by the athlete Name, the athletes will not proceed onto the FOP during this introduction.

12.7.2 During IPC Games and WPPO Championships all athlete presentations will be in accordance with the following format:

12.7.2.1 No later than ten (10) minutes prior to the start of the competition the TC will lead the competing athletes onto the FOP. If there are multiple competing groups each group will be presented individually in the order of lifting (as per the printed start list after the weigh in). Once all athletes for the competing group are on the stage the TA will announce the competing athletes (by country and name). Once all athletes have been introduced the TC will lead the athletes back into the Warm-Up area. If there are multiple competing groups this process will then be repeated with the next competing group.

12.7.3 During all WPPO World Cups and WPPO Championships mixed team presentations for the heats phase will be in accordance with the following format.

12.7.3.1 The athlete presentation for the mixed team heats will begin at exactly ten (10) minutes prior to the start of competition. Each individual team will be presented to the audience on the competition stage one by one by order of the lot draw (lowest to highest).

12.7.3.2 The Technical controller will order the teams in the warm up room by order of lot draw from lowest to highest in preparation for the presentation. The technical controller will then remain in the warm up room and will signal for the team to proceed to the stage once the technical announcer has called for the team. The

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team will be led onto the stage by their coach, the three athletes will then be announced by name and once completed the coach will lead his team off the stage, and this will repeat until all teams have been presented. Teams should present themselves in their national uniform or competition kit and are permitted to carry national flags, instruments and props that signify their nation.

12.7.4 During all WPPO World Cups and WPPO Championships mixed team presentations for the knockout phase will be in accordance with the following format.

12.7.4.1 The athlete presentation for the Mixed Team Knockout Phase will commence at exactly (5) minutes prior to the start of competition. Once the computer automated draw has selected and displayed the opponents of each head to head knockout round, the two (2) teams that will be presented first will be the head to head containing the lowest lot number and immediately following will be the presentation for the two (2) teams in the next head to head knock out round.

12.7.4.2 The Technical controller will then order the teams in the warm up room, on opposing sides of the stage. When called to the stage by the Technical announcer one team coach will lead their athletes from the entrance ramp and the opposition team coach will lead his team to the stage from the exit ramp. The Technical announcer will then announce athletes consecutively from each team in order of their attempt. (Example Team 1 attempt 1 athlete; Team 2 attempt 1 athlete etc). Once all athletes have been introduced the team coaches will then escort the team off the stage via the same way that they entered. This process will then be immediately repeated for the teams of the following head to head match. Teams should present themselves in their national uniform or competition kit and are permitted to carry national flags, instruments and props that signify their nation.

12.7.5 During all WPPO World Cups and WPPO Championships mixed team presentations for the third place match and final phase will be in accordance with the following format.

12.7.5.1 The presentation for the mixed team third place match and final phase will replicate that of the knockout phase, however the athlete presentation for teams in the third place match will always go first and the presentation for the final will immediately follow this.

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12.8 Technical Officials Presentation

12.8.1 During all WPPO Recognised Competitions the technical official's presentation should always immediately follow the end of the athlete and mixed teams presentation.

12.8.2 During all WPPO Recognised Competitions with the exception of IPC Games and WPPO Championships, all Technical Official presentations will be in accordance with the following formats:

12.8.2.1 The TA will announce one (1) by one (1) (by country and name) each of the referees, the jury members and the TD for the session, whilst being introduced they will remain in their competition seating positions.

12.8.3 During the IPC Games and WPPO Championships all Technical Official presentations will be in accordance with the following format:

12.8.3.1 The appointed three (3) Referees and TC for the event should proceed onto the FOP in the following order TC, RR, LR, CR and the TA will then introduce them one (1) by one (1) (by country and name), when their name is announced they should take one step forwards and raise their hand to present themselves to the audience, after all names have been announced the TC should lead the three (3) referees off the FOP. Then the TA will announce one (1) by one (1) (by country and name) each the jury members and the TD for the session who will remain in their competition seating positions whilst being introduced.

12.8.4 The Technical Official presentations for the mixed team heats will immediately follow the athlete presentation, The appointed three (3) Referees and the TC for the event should proceed onto the FOP in the following order TC, RR, LR, CR and the TA will then introduce them one (1) by one (1) (by country and name), when their name is announced they should take one step forwards and raise their hand to present themselves to the audience. Once presented the Technical Controller will exit the stage and the referees will take their seat on the FOP in preparation for the competition to begin. No other Technical Officials will be presented to the audience.

12.8.5 The technical official presentation for the mixed team knockout phase, third place match and finals phase will take place immediately following the athlete presentation. The computer automated draw will select and display the allocated referees, and as soon as each referee is selected and displayed they must proceed to the FOP and take their seat in preparation for the competition to begin.

12.8.6 In order for the system to select the referees the following will be considered:

- Will be certified WPPO Level 1 or Level 2 referee
- There is not permitted to be more than one (1) referee from the same country

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- There can only be a maximum of 2 referees of the same gender

12.8.7 At Three (3) minutes before the start of each competition the three (3) Referees and the Spotter/Loaders will proceed to the FOP to take their respective positions for the competition.

13 World Para Powerlifting Venue Requirements

13.1 Venue

13.1.1 The WPPO Recognised Competition venue includes the below areas:

- Competition Area: FOP (stage and platform),
- Warm Up room and Victory Ceremonies call room,
- Warm up waiting area,
- Kit check and weigh-in room,
- Weigh in holding room

13.2 Competition Venue

13.2.1 The competition venue should be an indoor site with a minimum available height of 10m and able to accommodate the necessary areas at the dimensions listed below. A sample competition venue layout can be viewed in the WPPO Event Manual in **Appendix 8**.

	Minimum		
Area	**Length**	**Width**	**Comments**
Competition Area (FOP)	15m	25m	include the stage
Warm Up Room (incl. Victory Ceremony call area)	25m	15m	Or vice-versa (15mx25m)
Warm Up Waiting Area	7m	6m	
Weigh-in	12m	5m	include the 3 rooms of 4m x 5m each
Weigh in Holding Room	7m	6m	suggested
Kit check	5m	5m	
Training area	15m	15m	or 25m x 10m

13.2.2 Field of Play Area (FOP)

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The FOP area at the competition venue is comprised in accordance with the following dimensions:

Area		Measurements			
		Length	Width	Height	Comments
Stage	Minimum	*10m	10m	Minimum 50cm Maximum 70cm	Minimum width is excluding ramps. ***Maximum width is including ramps.
	**Maximum	12m	12m		
	**** Ramps	5-7m	Minimum 1.2m	please consider the inclination of the ramp according to the stage measurements	

*If the length of the stage is less than 11m then the victory ceremonies will not be permitted to take place on the stage and must be held in an alternative location close to the FOP.

**Mandatory for Paralympic Games, Regional Games and WPPO World Championships.

*** In the Paralympic Games and WPPO World Championships the maximum stage width does not include the ramps.

****There should always be two (2) ramps for the entry and exit to / from the stage in order to maximise the flow and efficiency of the competition (unless otherwise agreed by the LOC and WPPO).

13.2.3 The surface of the stage and platform must have a flat and non-slip surface, and the stage must be able to support a minimum weight of 2,000kg.

Area		Measurements		
		Length	Width	Comments
Platform	Minimum	4m	4m	never exceed 5cm in height
	Maximum	4m	4m	

13.2.4 The following spaces (tables) shall be located adjacent to the FOP/stage:

- Jury tables
- Technical tables
- Technical delegate table
- OVR table
- Sports production tables
- IF table

13.2.5 The following additional accessible functional areas are required and should be located close to the FOP:

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- Kit check area
- Changing room / weigh in room / dressing room / weigh in holding room
- Classification rooms (and waiting area)
- Anti-doping / education outreach area
- Accessible changing rooms
- Athletes' rest area
- Athletes' toilets for each gender
- Doping control station
- TD/TDA office
- Technical officials' room
- Technical officials' toilets for each gender
- LOC competition management office(s)
- Medical / first aid room
- WPPO office
- Mixed zone
- Media working room
- VIP room
- Victory ceremonies preparation area
- On venue results room (OVR)
- Sports information desk (SID)
- Transport drop area
- Accreditation desk
- Storage room

13.2.6 For the full requirements of each of the accessible functional areas listed above please refer to the WPPO Event Manual in **Appendix 8**.

14 Equipment Requirements

14.1 WPPO Equipment

14.1.1 At all WPPO Recognised Competitions only equipment (bars, collars, weights, platforms and benches) from approved WPPO suppliers is permitted.

14.1.2 Weightlifting and Powerlifting bars must never be used at any WPPO Recognised Competitions for training or competition purposes, only approved WPPO bars are permitted.

14.1.3 A detailed table of all Para powerlifting equipment required per level of WPPO Recognised Competition and the WPPO approved suppliers is available in the WPPO Equipment Requirements in **Appendix 10.**

14.1.4 All equipment before the start of every session must be in very good, safe, clean and tidy condition and meet all the requirements outlined in this Rule 14.

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14.1.5 Equipment that meets the WPPO specifications does not mean it is considered "approved," until such a time that it is checked, and an official and formal approval is given by WPPO.

14.2 Components Calibration Tolerance

14.2.1 In all WPPO Recognised Competitions, the following differential calibration tolerances must apply in all bars, discs and collars (components):

Competition Components	
Each component weighing over 5kgs	Must not exceed the tolerance parameters of +0.1% to -0.05% (e.g. a 25kg disc must not weigh more than 25 grams over 25kg and never be underweight by more than 12.5 grams).
Each component weighing 5kgs or less	Must not exceed the tolerance parameters of +10 grams to – 0 grams (e.g. a 5kg disc can be overweight by + 10 grams but can never be underweight).
Training Discs	
10kg	10 kg within +/- 80 g
15kg	15 kg within +/- 120 g
20kg	20 kg within +/- 160 g
25kg	25 kg within +/- 200 g

14.3 The Bench

14.3.1 In all WPPO Recognised Competitions only benches from a WPPO approved supplier must be used in accordance to the following dimensions:

14.3.1.1 Length: The upholstered bed of the bench must be flat, level and a total of 2100mm in length.

14.3.1.2 Width: The main section of the bed of the bench shall be 610 mm wide, but from a distance of 705 mm from the head end, the width must only be 305 mm leaving two equal shoulders of 152.50 mm.

14.3.1.3 Height: The height must never be less than 480 mm and never exceeding 500 mm measured from the floor to the top of the flat surface of the bed of the bench without it being depressed or compacted.

14.3.1.4 Stands: The height of the rack uprights on all benches used in any WPPO recognised competition must be adjustable from a minimum 700mm to a maximum of 1200 mm measured from the floor to the bar rest position. The minimum width between the insides of the bar rests shall be 1100 mm.

14.4 The Bar

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14.4.1 In all WPPO Recognised Competitions only bars from a WPPO approved supplier must be used in the competition, warm up and training areas.

14.4.2 Bars should have a green cap with the WPPO approved supplier logo at the end of the sleeves to clearly identify WPPO approved bars.

14.4.3 The bar shall be straight and well knurled and grooved and shall conform to the following dimensions:

14.4.3.1 Total overall length must not exceed 2200 mm.

14.4.3.2 Distance between the collar faces is not to be less than 1310mm or greater than 1320 mm

14.4.3.3 Diameter of the bar is never to be less than 28 mm (preferred) or greater than 29 mm.

14.4.3.4 The combined weight of the bar and collars has to be 25kg with the collars weighing 2.5kgs each.

14.4.3.5 The diameter of the sleeves must be 50 mm

14.4.3.6 There should be a machined marking to precisely indicate a distance of 810 mm between the internal (facing) edges of the machined marking.

14.4.4 **WPPO Bar specifications:**

- Weight: 20 kg
- Diameter of the bar must be 28mm
- Thickness of sleeve collar should be 30 mm
- No knurling from the ends of the bar
- Bar coating: Chrome
- Knurling: 1.5
- Sleeve coating: Chrome, Maximum weight: 1500 kg

14.4.4.1 Approved WPPO bars since 2010 will remain acceptable until the end of December 2020.

14.4.4.2 Approved WPPO bars since 2014 will remain acceptable until the end of December 2024.

14.4.4.3 A damaged bar, or a bar in some way determined as unsafe, unfit for purpose and/or unusable by the WPPO CR on duty should be replaced.

14.5 The Discs

14.5.1 In all WPPO Recognised Competitions only discs from a WPPO approved supplier can be used in the competition, warm up and training areas.

14.5.1.1 Approved competition discs must always be used on the FOP, and in the warm up room, and can also be used in the training area.

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14.5.1.2 Approved Training Discs can only be used in the training area

14.5.2 WPPO Discs must conform with the following:

14.5.2.1 All discs used in competition must conform to the maximum differential tolerances outlined in Rule 14.2.

14.5.2.2 The competition disc should be made of metal and covered with polyurethane (rubber) with permanent colours on both sides and or colour coded around the whole edge of the circumference of the weight.

14.5.2.3 The diameter of the hole in the centre of the disc must be 50.5 mm

14.5.2.4 The diameter of the largest disc must be 450 mm

14.5.2.5 Only the following range and colour code of discs will be used in WPPO Recognised Competitions:

- 0.25 kg = Metal (just for record purposes)
- 0.5 kg = White
- 1 kg = Green
- 1.5kg = Yellow
- 2 kg = Blue
- 2.5 kg = Red
- 5 kg = White
- 10 kg = Green
- 15 kg = Yellow
- 20 kg = Blue
- 25 kg = Red
- 50 kg = Black

14.5.2.6 Two (2) times 50kg discs must be used for all attempts of 236kg and above and then four (4) times 50kg discs must be used for all attempts of 305kg and above. Where 50kg discs are not available, metal 25kgs discs from the same manufacture can be used (in this particular instance only).

14.5.2.7 All discs must be visibly marked with their relevant weight value and WPPO logo, always loaded with the heaviest discs innermost on the sleeve, thereafter loaded in descending order of weight with lightest discs towards the outside.

14.5.3 The first disc loaded on the bar must always be loaded face inwards for the weight to be readily identified. All additional discs will be loaded face out.

14.6 The Scales

14.6.1 In all WPPO Recognised Competitions there must always be at least two (2) electronic scales. One (1) scale will be used solely for the official weigh in during

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competition, and the other(s) for the training area. All should have as a minimum, the following specifications:

14.6.1.1 electronic platform type, measuring no less than 850mm x 850mm and no greater than 1m x 1m

14.6.1.2 capacity of accurately weighing up to 200kgs measuring to two (2) decimal places in 10g increments

14.6.1.3 certification of calibration from the manufacturer

14.6.2 The appointed technical official will always check the scales accuracy (calibration) to be set by zero prior to every session.

14.6.3 The scales can be used with or without a chair.

14.7 Scoring System

14.7.1 To receive a level of service in the area of results and technology which is congruent with the professionalism, integrity and intent of the IPC there must be guidelines in place for LOCs of WPPO Recognised Competitions to follow.

14.7.2 The WPPO scoring system is formed of the following:

- Para Sports Results and Information Services (PARIS), with the exception of the Paralympic Games where the PRIS must be used
- Timing and Scoring System (T&S)
- On Venue Results (OVR)
- Para Powerlifting Competition and Operations Management System (Power COMS)

14.8 PARIS & PRIS:

14.8.1 The PARIS and/or PRIS where applicable should be used by the LOC and its technology supplier to understand the need to provide information before, during and after the event, the needs of sport in the execution of the event, and the needs to work with all functional groups to be able to provide a successful event.

14.8.2 The precise definition of procedures related to requirements will assist in the successful implementation of the technical solutions. This is mandatory for the LOC and its technology suppliers in order to develop and implement efficient systems that will meet user expectations.

14.8.3 It is important for the LOC and its technology suppliers to realise that the PARIS and PRIS documents do not provide all specifications necessary to produce software applications needed to deliver the required services.

14.9 Timing and Scoring System (T&S):

14.9.1 The WPPO T&S is formed by the following:

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14.9.2 WPPO Lights System: consisting of one (1) lights results console, competition clock, three (3) WPPO referee devices, four (4) WPPO jury devices and one (1) WPPO president of jury terminal

14.9.3 The lights results console: receives the final decision from the three (3) WPPO referee devices of the attempts and controls the competition clock.

14.9.4 The Competition Clock: The system must have a configurable (20´) countdown clock to be used ahead of the start of competition. It should have a 3 minutes count down and start and also from 2 minutes countdown to start, and the option to change from 2 to 3 according to the sport's needs. It must have a 1-minute (warning) buzzer and the time out buzzer where the clock should automatically sound if the available time has elapsed. The clock will be controlled by the Time Keeper official.

14.9.5 WPPO referee device: The three (3) devices could be wireless (preferable) or with cables, one (1) for each Referee on the stage who will make their own decisions following each lift with five (5) buttons:

- One (1) white button to indicate a good lift and; and
- Four (4) buttons to indicate a no lift for a wrong sequence execution as follows:
    - Purple for Body Position Sequence (BP)
    - Orange for Bar Control Sequence (BC)
    - Blue for Chest Sequence (CS)
    - Green for Press Sequence (PS)

14.9.6 The Referee's decision (signal) goes automatically to the attempt boards on the FOP and warm up area and will be displayed in two (2) rows as follows:

- The first row should indicate three (3) lights: White for a Good Lift and Red for a No lift.
- The second row could indicate one (1) or all the four (4) lights (purple, orange, blue and or green) showing the wrong sequence execution.

14.9.6.1 The two (2) rows of lights must be arranged horizontally to correspond with the positions of the three (3) Referees. It should display all of these lights at the same time; lights must never illuminate separately.

14.9.6.2 Once the Referee has pressed the button it will be locked so that the decision cannot be changed. The WPPO referee devices should have a vibrate function or alarm that should be automatically activated if any of the Referees' fail to press any button.

14.9.6.3 The Jury members and President of Jury will not receive the outcome of Referee's decision.

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14.9.6.4 WPPO Jury' device: The four (4) devices could be wireless (preferable) or with cables, one (1) per each Jury member, with two (2) buttons:

- One (1) white to indicate a good lift and; and
- Four (4) buttons to indicate a no lift for a wrong sequence execution as follows:
  - Purple for Body Position Sequence (BP)
  - Orange for Bar Control Sequence (BC)
  - Blue for Chest Sequence (CS)
  - Green for Press Sequence (PS)

14.9.6.5 Once the Jury press the button it will be locked so it can't be pressed again. The Jury devices should have a vibrate function or alarm that should automatically activate if any of the Jury fail to press any button.

14.9.6.6 The Jury's decision will go automatically to only the PJ's terminal and will show the four (4) Jury's decision at the same time, but only if a technical challenge is requested. The lights must never illuminate separately on the terminal.

14.9.6.7 WPPO PJ terminal: It should be one (1) 7" main Jury portable terminal.

14.9.6.8 It should display the decision from the four (4) Jury members (including the PJ) but only if a technical challenge is requested.

14.9.6.9 The terminal should always display the one (1) minute technical challenge time and should always count down automatically as soon as the Referee's decision is showed upon the attempt board. The clock should then remain at 0:00 until the one (1) minute time limit is automatically reset when the next athletes result is displayed upon the attempt boards.

14.9.7 Attempt Board

14.9.7.1 The attempt boards are TVs that will show the WPPO lights system information and must be displayed in the most visible and practical place on the FOP and warm up area so that everyone can easily follow the running of the competition.

14.9.7.2 At IPC Competitions seven (7) attempt boards (all provided by the LOC) are needed on the FOP and warm up area as follows:

- FOP: a total of three (3) attempt boards:
  - Two (2) must be placed on the backdrop at each side of the entrance and exit doors to the FOP facing the spectators.
  - One (1) must be placed on one corner of the stage facing the Chief Referee.
- Warm up: four (4) attempt boards:
  - One (1) close to the entrance door to the FOP and;
  - Two (2) that will be placed as needed
  - One (1) close to the exit door from the FOP

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14.9.7.3 For National Competitions where only one attempt board is provided it should always be placed at the exit side of the FOP.

14.9.7.4 The attempt board must always display:

- Picture of the athlete
- Lot number;
- Competing athlete with family name;
- Given name;
- NPC flag with code;
- Attempt number / The Power Lift;
- Running time (countdown from 2 or 3 min accordingly);
- Event category;
- Rack height;
- Colour weights indicated, weight (kg)
- Indicated if it is WR/RR;
- Successful / No lift indicator (lights) for each Referee (white and red)
- Wrong sequence execution for a No lift indicator (lights) for each Referee (purple, orange, blue, green).

14.9.8 On Venue Results System (OVR)

14.9.8.1 The provision of information to spectators at the venues is a critical part of the success of the event, keeping those who know the sport informed and those that are new to the sport enlightened and entertained. The system will show the competition information and results on the scoreboard in the order in which they will lift based on 1st attempts given at the weigh-in, their country, and the result of each lift, best lift and ranking.

14.9.9 Scoreboard

14.9.9.1 A minimum 6mx4m video style scoreboard must be set up and displayed in the most practical and visible place on the FOP (usually on the backdrop behind of the platform (central position from a minimum height of 2.5m from the stage) and/or on either side of the backdrop (usually outside of the 12m stage).

14.9.10 Real-Time Display System (RTDS):

14.9.10.1 The provision of information to athletes, coaches and Officials at the competition venue and in the warm up area is critical to the operation of the competition. The RTDS provides this key and full information on TVs (45-50") plasma screens in the "back-of-house" areas of the competition venue as well as on the FOP for the technical and Jury table.

14.9.10.2 This information is used by coaches and athletes to monitor the progress of competition and to plot their strategy in selecting weights for their next lift. It is

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also used by technical officials to ensure the smooth operation of the competition and the orderly flow of athletes to the lifting platform.

14.9.11 Para Powerlifting Competition and Operations Management System (Power COMS)

14.9.11.1 The Power COMS system controls and manages the entire flow of the competition, including the lodging of a technical challenge and to accept, check and verify all the new and changed attempts, all changes are recorded directly within this system.

14.9.11.2 At all IPC Competitions and WPPO Sanctioned Competitions an electronic timing system must be used, please refer to the WPPO event manual in **Appendix 8** to check all the specifications and requirements for the PARIS, T&S, OVR and Power COMS.

15 LIFT PHASES

15.1 Para Powerlifting Bench Press - Sequence of Events

15.1.1 In order to complete a correct Para powerlifting bench press, the following four (4) positions (starting position) and lifting sequences (start, press and rack) must be executed:

15.1.2 Starting position

15.1.2.1 The athlete must lie on the bench on their back and assume their lifting position.

15.1.2.2 This position must remain the same for the entire lift.

15.1.2.3 Body positioning: The head, shoulders, buttocks, legs (fully extended where possible) heels (if applicable) must remain on / touching the bench during the entire lift.

15.1.2.4 Strapping: The placing of bench straps must be in accordance with Rule 12.3.7.

15.1.2.5 Assistance: The athlete can choose to have assistance if they require from only the spotter loaders provided to help the athlete to remove the bar from the racks, the 'assisted' lift off must be to arm's length only and not down to the chest. The coach or athlete must make the chief spotter fully aware of their need for assistance prior to staring the lift.

15.1.2.6 The athlete must always grip the bar with the thumbs and all fingers being wrapped firmly and safely around the circumference of the bar.

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15.1.2.7 Spacing of the athlete's hands does not exceed 81cm from either forefinger as indicated by the markings on the bar.

15.1.2.8 Bar is taken under control at arm's length with locked elbows (subject to any special medical conditions).

15.1.2.9 The coach and athlete must ensure that all the above requirements are met prior to the bar being taken from the racks.

15.1.2.10 If either of the Side Referees consider the starting position of an athlete is incorrect prior to the CR command for the start of a lift, the Referee must immediately raise a hand to draw attention to the fact that there is a potential fault. This must not be done once the command 'start' has been given.

15.1.2.11 Command: Once the CR is satisfied that all the above requirements have been met within the two (2) minute time allowance they will immediately give the audible command 'Start', with the accompanying visual signal which is the downward movement of the outstretched arm which means the athlete can begin the lift.

15.1.3 Start Sequence – eccentric movement (downwards)

15.1.3.1 Athletes should begin the lift only after receiving the start command from the CR.

15.1.3.2 Head must never lift off the bench throughout the entire lift.

15.1.3.3 Body positioning must remain the same throughout the entire lift.

15.1.3.4 There is no contact between the bar and the spotter/loaders throughout the sequence.

15.1.3.5 The bar must be lowered to the chest in a fully controlled manner throughout the sequence.

15.1.3.6 Without heaving the bar: Heaving is considered to be when the bar travels down, stops on the chest, and is then 'heaved' back up using several upper body parts to assist the press.

15.1.3.7 Without bouncing the bar: Bouncing is considered to be when the bar travels down, presses into the chest without stopping in an uncontrolled manner and immediately pressed up again. There must be a noticeably visual stop on the chest displaying a definitive break between the eccentric and concentric (down and up) movement of the bar.

15.1.3.8 Once the bar has stopped on the chest, it must never sink into the chest before being pressed upwards.

15.1.4 Press Sequence - concentric movement (upwards)

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15.1.4.1 The bar is pressed upwards equally and controlled.

15.1.4.2 The bar never moves downwards back towards the chest (but is allowed to stop).

15.1.4.3 There is no walking of the bar: unequal extensions of each arm simultaneously opposed to one equal movement at the same time and speed.

15.1.4.4 There are no lateral movements of the hands along the bar.

15.1.4.5 There is an equal extension as the bar is pressed to arm's length with an equally timed lock out of both arms.

15.1.4.6 The bar does not have to be completely horizontal during the press sequence or on lock out, but there must still be an equally timed lock out of both arms.

15.1.4.7 The athlete maintains the lock out of both arms with the bar under control until the rack command is given.

15.1.4.8 Head must never lift off the bench throughout the entire lift and the body positioning must also remain the same throughout the entire lift.

15.1.4.9 There is no contact between the bar and the spotter/loaders throughout the sequence.

15.1.5 Rack Sequence

15.1.5.1 The bar is never placed onto the racks until the rack command is given.

15.1.5.2 When the CR considers that the athlete has completed the lift and has the bar under control at arms' length and with elbows locked, an immediate audible command to "rack" will be made, with an accompanying visual signal consisting of a backward movement of the outstretched arm.

Note:

- If the bar has hit the racks during the execution of the lift and the athlete is deemed to have gained no advantage at all then a good lift can still be awarded by the Referees.

15.2 Lift decision

15.2.1 Once the bar has been placed in the racks, the three (3) adjudicating Referees announce their collective decision by means of lights or flags when required.

15.2.1.1 <u>Good Lift:</u>

- A minimum of two (2) white lights/flags will determine that an athlete has a good lift.

15.2.1.2 <u>No Lift:</u>

- A minimum of two (2) red lights/flags will determine that an athlete has a 'no lift'.

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15.3 WPPO No Lift Execution in Four Sequences:

15.3.1 The three (3) Referees will adjudicate a 'no lift' if the athlete fails to complete a correct technical Para powerlifting bench press execution in any one (1) or more of the following sequences:

15.3.2 **Body Position Sequence**

15.3.2.1 If the athlete's starting body position does not remain the same throughout the lift.

15.3.2.2 If the athlete's head, shoulders, buttocks, legs and heels (if applicable) do not remain on/touching the bench during the entire lift.

15.3.2.3 If the athlete's legs (where possible) do not remain fully extended during the entire lift (e.g. amputees).

15.3.2.4 If the athlete does not always grip the bar with their thumbs wrapped around the bar.

15.3.2.5 If all the fingers of the athlete are not wrapped firmly and safely around the circumference of the bar.

15.3.2.6 If the spacing of the athlete's hands exceed 81cm from either forefinger as indicated by the markings on the bar.

15.3.2.7 If the athlete begins the lift before the start command is given.

15.3.3 **Bar Control Sequence**

15.3.3.1 If the bar is not taken under control at arm's length with locked elbows (subject to any special medical conditions).

15.3.3.2 If there is contact between the bar and the spotter/loaders throughout the sequence.

15.3.3.3 If the bar is lowered to the chest in an uncontrolled manner.

15.3.3.4 Where the bar is pressed in an uncontrolled manner.

15.3.3.5 Where there is a walking of the bar (i.e. when there are unequal extensions of each arm simultaneously opposed to one equal movement at the same time and speed).

15.3.3.6 Where there are lateral movements of the hands along the bar.

15.3.4 **Chest Sequence**

15.3.4.1 If there is not a noticeably visual stop on the chest displaying a definitive break between the eccentric and concentric (down and up) movement of the bar.

15.3.4.2 If the bar has stopped on the chest and sinks into the chest at any time before being pressed upwards.

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15.3.4.3 If the bar does not touch and stop on the chest.

15.3.4.4 Where the bar is heaved (i.e. when the bar travels down, stops on the chest, and is then 'heaved' back up using several upper body parts, such as the shoulders, to assist the press).

15.3.4.5 Where the bar is bouncing (i.e. when the bar travels down, presses into the chest without stopping in an uncontrolled manner and is immediately pressed up again).

15.3.5 Press Sequence

15.3.5.1 If the athlete fails to press the bar.

15.3.5.2 Where the bar is not pressed upwards equally.

15.3.5.3 Where the bar moves downwards towards the chest during the press sequence.

15.3.5.4 If there is not an equal extension as the bar is pressed to arm's length with no equally timed lock out of both arms.

15.3.5.5 If the athlete does not maintain the lock out of both arms with the bar under control until the rack command is given.

15.3.5.6 If the bar is placed onto the racks prior to receiving the rack command.

Note:

Three (3) red lights and a 'no lift' will be applied for the following:

- Elapsed time - 'Time Out' (2/3 minutes time limit): If the lift has not started within the allotted time.
- If the attempt being made is unsuccessful, then an immediate audible command to "rack" will be made, with an accompanying visual signal consisting of a backward movement of the outstretched arm.

16 PARA POWERLIFTING BENCH PRESS

16.1 The Competition

16.1.1 The competition will begin a minimum of thirty (30) minutes following the official opening of the designated warm up area for the respective bodyweight category as detailed in the competition schedule.

16.1.2 Athletes are permitted only three lifting attempts, one (1) attempt must take place in each of the three rounds. A Power Lift is permitted for record purposes only outside of the three competition rounds; please refer to Rule 16.8.12 to review the eligibility criteria to qualify for a Power Lift.

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16.1.3 In order to achieve the best competition result and rank in WPPO Recognised Competitions, the athlete must lift the most weight out of all athletes competing in that respective bodyweight group.

16.1.4 Each athlete has two (2) minutes per attempt to start their lift. Should the athlete not receive the start signal from the CR and begin their lift within this time limit it will be announced that the time is elapsed, and they will be asked to rack the bar and a no lift will be given. This two-minute time allocation will begin once the TA finishes announcing the athlete's full name.

16.1.5 If an athlete is required to complete two (2) or more lifts in direct succession/one after the other (e.g. an error in loading or a Power Lift) then on this occasion only will the athlete be allowed an increased total time of three (3) minutes to begin the lift.

16.1.6 The athlete can only be accompanied to the stage by one accredited coaching representative and must not proceed towards the bench until directed by the TC once their allotted time has begun following the announcement of their full name.

16.1.7 The coach is allowed to assist the athlete getting onto and or leaving the bench and platform as required, they can also assist the athlete with strapping by themselves or with assistance of the side spotters.

16.1.8 When on the competition platform, the coach must never touch the bar, the racks or the athlete's arms and hands during the body positioning sequence; only verbal instructions to the athlete and or to the spotter loaders can be offered by coaches.

16.1.9 During the lift, coaches must remain within the designated (minimum 1x1m) coaching areas either side of the FOP as marked out on the floor.

16.1.10 Upon completion of each attempt the athlete and coach must leave the stage within thirty (30) seconds of the athlete leaving the bench.

16.1.11 All athletes within single or multiple groups as decided after the weigh-in will complete each round in sequential order by the lifting weight chosen from the lightest to heaviest in ascending order.

16.1.12 If the lifting weight chosen is the same, then athletes will be ordered by their number from the lot draw with the lowest numbered athlete lifting first.

16.1.13 The bar must be loaded progressively for each attempt by a minimum of 1kg. Only when making a record attempt will a minimum increase of 0.5kg be accepted.

16.1.14 If the athlete is unsuccessful at the attempted weight, they will be permitted to request the same weight in the following round(s).

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16.1.15 The mixed team event is broken into three (3) phases whereby teams lift to progress to the final. Each team member is entitled to lift only once per phase in the order submitted by the coach in the weigh in for the heats and five (5) minutes prior to the start of competition of the knockout phase, third place match and finals phase. Each athlete has two (2) minutes per attempt to start their lift, this two-minute time allocation will begin once the TA finishes announcing the athlete's full name. In order to achieve the best competition result and rank the team must score the highest collective number of AH points.

16.1.16 A maximum of ten (10) teams are permitted to enter the heats, the top four (4) ranked teams will then progress to the knockout phase whereby random computer allocation will select the 2 head to head matches. The losers of the two (2) head to head matches will progress to the third place match to compete for bronze medal position and the winners of the two (2) head to head matches will then progress to the final to compete for the gold or silver medal position.

16.2 The Round System

16.2.1 Round 1 – One (1) change is permitted

16.2.1.1 The athlete and coach must identify their starting weight and rack height for their first attempt during the weigh in.

16.2.1.2 The athlete/coach will be permitted only one (1) opportunity to make one (1) change to this starting weight either higher or lower, however if lower it must never exceed 7kg less than the original submitted weight. It must be indicated on the official attempt card then signed by the coach or athlete and the Marshall. The minimum parameter when the starting weight is increased is 1kg; unless a record attempt is requested then it may be increased by just 0.5kg in accordance with article 16.8. There is no maximum parameter when increasing the starting weight.

16.2.1.3 If the athlete is in the first or only competing group, this change can take place from twenty (20) minutes before the start of competition and then any time up to within five (5) minutes before the start of the first round. Never after the five (5) minute deadline call has been announced by the TA.

16.2.1.4 Subsequent competing groups in the same bodyweight category or session are also allowed one (1) weight change, from twenty (20) minutes before the start of competition of the first group but only up until within three attempts from the end of the previous group's last round. The TA will announce due notice of these weight change deadlines. No changes are permitted after the TA has announced the deadline.

16.2.1.5 The grouping of all athletes will remain as listed on the original start list as devised by the starting weight declared in the weigh in only, however the lifting

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order of athletes per group will be updated by the newly submitted starting weights only if made by the deadline.

16.2.2 **Round 2 – No changes are permitted**

16.2.2.1 Once the athlete has completed their first attempt the coach/athlete has a time limit of one (1) minute from the display of the Referee's final decision for the athlete's attempt to select a different starting weight for round two (2). This selection must be made by the coach/athlete and indicated on the official attempt card then signed by the coach or athlete and the Marshall.

16.2.2.2 Failure to select a different starting weight for round two (2) within the one (1) minute time limit will result in the next attempt being automatically selected as per the outcome of the prior attempt. If it was successful the starting weight for round two (2) will automatically be increased by 1kg, or if the first lift was unsuccessful the starting weight for round two (2) will remain the same.

16.2.2.3 The starting weight requested for round two (2) can only be a weight increase and must never be a weight decrease. The weight increase selected must be a minimum of 1kg unless a record attempt is requested then a minimum increase of 0.5kg will be permitted.

16.2.2.4 Only for a World Record Attempt (senior or Junior) is a change of starting weight in round two (2) permitted when two (2) athletes nominate the same starting weight for a World Record attempt. If the first athlete was successful, then the second athlete is permitted to change their starting weight by a minimum of 0.5kg in order to attempt to break the new World Record. This second change will only be permitted if the technical announcer has not already called for the athlete (announced the full athlete name) to come to the stage to make the attempt.

16.2.3 **Round 3 – Two (2) changes are permitted**

16.2.3.1 Once the athlete has completed their second attempt the coach/athlete has a time limit of one (1) minute from the display of the Referee's final decision for the athlete's attempt to select the starting weight for round three (3). This selection must be made by the coach/athlete and indicated on the official attempt card and signed by the coach/athlete and marshal.

16.2.3.2 Failure to select a different starting weight for round three (3) within the one (1) minute time limit will result in the starting weigh for round three (3) being automatically selected as per the outcome of the prior attempt. If it was successful the weight will automatically be increased by 1kg, or if the lift was unsuccessful it will remain the same.

16.2.3.3 The starting weight requested for round three (3) can only be a weight increase and must never be a weight decrease. The weight increase selected must be a

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minimum of 1kg unless a record attempt is requested then a minimum increase of 0.5kg will be permitted.

16.2.3.4 The athlete/coach will then be permitted two (2) opportunities to make two (2) changes to the starting weight for round three (3). These weight changes must be made by the coach/athlete and indicated on the official attempt card and signed by the coach/athlete and marshal.

16.2.3.5 Both available weight changes may be either a weight increase or weight decrease.

16.2.3.6 If the first requested weight change is higher than the starting weight for round three (3), it will not be permitted if the TA has already called for the athlete (announced the full athlete name) to come to the stage to make the attempt.

16.2.3.7 If the first change requested is lower than the starting weight for round three (3) it will not be permitted if:

- It is lower than the starting weight attempted in round two (2).
- It is equal to a weight that has already been completed (good or no lift) by another athlete in round three (3) that the athlete would have otherwise preceded due to the order of lot number.
- It is lower than a weight that has already been completed (good or no lift) by another athlete in round three (3).
- The TA has already called for the athlete (announced the full athlete name) to come to the stage to make the attempt.

16.2.3.8 If the second available requested weight change is higher than the first requested weight change for round three (3) , it will not be permitted if the TA has already called for the athlete (announced the full athlete name) to come to the stage to make the attempt.

16.2.3.9 If the second requested weight change is lower than the first weight for round three (3) it will not be permitted if:

- It is lower than the starting weight attempted in round two (2).
- It is equal to a weight that has already been completed (good or no lift) by another athlete in round three (3) that the athlete would have otherwise preceded due to the order of lot number.
- It is lower than a weight that has already been completed (good or no lift) by another athlete in round three (3).
- The TA has already called for the athlete (announced the full athlete name) to come to the stage to make the attempt.

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16.3 Mixed Teams Round System (Heats)

16.3.1 Round 1

16.3.1.1 Round 1 of competition will begin exactly forty five (45) minutes after the warm up room has opened (as per the time published on the competition schedule). The athlete who was selected in the weigh in as athlete one (1) will lift first, athletes will be called to the platform in the order of their attempt (lowest to highest), should two (2) athletes request the same starting weight then the athlete with the lowest lot number will lift first.

16.3.1.2 The athlete/coach will be permitted only one (1) opportunity to make one (1) change to this starting weight for round one (1) either higher or lower, however if lower it must never exceed 7kg less than the original submitted weight. The minimum parameter when the starting weight is increased is 1kg. Weight changes must always be a full kilogram, increases or decreases of 0.5kg will not be accepted under any circumstance in any round or phase of the mixed team event. The change to the round one (1) starting weight can take place from twenty (20) minutes prior to the start of competition to up to within five (5) minutes before the start time of the competition.

16.3.2 Round 2

16.3.2.1 Once the athlete has completed their first attempt the coach has a time limit of one (1) minute from the display of the referee's final decision for the athlete's attempt to select the starting weight for round two (2). This selection must be made at the attempt card and will be the attempt for the athlete that has been pre-identified to lift in round two (2). The starting weight is independent of that attempted in round one (1) and therefore there are no minimum or maximum parameters when selecting the starting weight for round two (2). Once the starting weight is submitted for round two (2) there is no further opportunity for change.

16.3.2.2 Failure to select the starting weight for round two (2) within the one (1) minute time limit will result in the next attempt being automatically selected as being equal to the weight of the bar and collars twenty five kilograms (25kg).

16.3.3 Round 3

16.3.3.1 Once the athlete has completed the second attempt the coach has a time limit of one (1) minute from the display of the referee's final decision for the athlete's attempt to select the starting weight for round three (3). This selection must be made on the attempt card and will be the attempt for the athlete that has been pre-identified to lift in round three (3). The starting weight is independent of that attempted in round one (1) or two (2) and therefore there

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are no minimum or maximum parameters when selecting the starting weight for round three (3).

16.3.3.2 Failure to select the starting weight for round three (3) within the one (1) minute time limit will result in the starting weight being automatically selected as being equal to the weight of the bar and collars twenty five kilograms (25kg).

16.3.3.3 One (1) change to the starting weight of round 3 is permitted up until the TA calls the athletes to the stage to begin the attempt by announcing his full name. The change is permitted to be higher or lower and there are no maximum or minimum parameters for this change, however should the change requested be a lower weight it is not be permitted if:

- It is equal to a weight that has already been completed (good or no lift) by another athlete in round three (3) that the athlete would have otherwise preceded due to the order of lot number.
- It is lower than a weight that has already been completed (good or no lift) by another athlete in round three (3).

16.3.3.4 Following the final lift in round three (3) the top four (4) ranked teams will then progress to the knockout phase. Via automated computer draw, the two (2) head to head matches will be selected and displayed on the screen. The head to head match containing the team with the lowest lot number to compete first.

16.4 Mixed Teams Round System (Knockout Phase)

16.4.1 Round 1

16.4.1.1 The competition of the knockout phase will begin twenty (20) minutes after the close of the mixed team heats. Due to having the lowest lot number head to head (Match B) will go first with one lifter per team per round lifting consecutively in order of their selected weight (lowest to highest). Once completed the process will be completed for the head to head (Match A).

16.4.1.2 All four (4) teams have up until five (5) minutes before the start of the competition to submit via the attempt card the order the lifters will compete and the starting weight for round one (1), once the coach/athlete has verified his entry, no further changes are possible to the order of lifters or the starting weight for round one (1).

16.4.1.3 Failure to select the starting weight for round one (1) by the five (5) minute deadline will result in the starting weight for round one (1) being automatically selected as being equal to the weight of the bar and collars twenty five kilograms (25kg). Failure to select the lifting order of the athletes by the five (5) minute deadline will result in the order being automatically selected at random by the computer.

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16.4.2 Round 2

Round two (2) for the knockout phase will run the same as the Mixed Team heats.

16.4.3 Round 3

Round three (3) for the knockout phase will run the same as the Mixed Team heats.

16.4.4 Following the final lift in round three (3) the winning teams from each head to head match will progress to the final and the losing teams from each head to head match will progress to the third place match.

16.5 Mixed Teams Round System (Third Place Match and Final)

16.5.1 Round 1

16.5.1.1 The competition of the third place match and final will begin twenty (20) minutes after the close of the mixed team knockout phase. The third place match will go first with one lifter per team per round lifting consecutively in order of their selected weight (lowest to highest). Once completed the process will be completed for the finals phase.

16.5.1.2 All four (4) teams have up until five (5) minutes before start of the competition to submit on the attempt card the order the lifters will compete and the starting weight for round one (1), once the coach has verified his entry no further changes are possible to the order of lifters or the starting weight for round one (1).

16.5.1.3 Failure to select the starting weight for round one (1) by the five (5) minute deadline will result in the starting weight for round one (1) being automatically selected as being equal to the weight of the bar and collars twenty five kilograms (25kg). Failure to select the lifting order of the athletes by the five (5) minute deadline will result in the order being automatically selected at random by the computer.

16.5.2 Round 2

Round two (2) of the third place match and finals phase will run the same as the heats and the knockout phase.

16.5.3 Round 3

Round three (3) of the third place match and finals phase will run the same as the heats and the knockout phase.

16.6 Technical Challenge

16.6.1 A technical challenge is an official opportunity for the athlete or coach accredited with the warm up pass for the respective session, to challenge the final decision of the Referees regarding the outcome of that athlete's attempt.

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16.6.2 A technical challenge will only be accepted when a 'no lift' is given and will never be accepted in relation to a good lift or if that challenge is raised by teams against opposition athletes from other or the same competing nations.

16.6.3 Technical challenges will be available at IPC Games, IPC Competitions and World Para Powerlifting Sanctioned Competitions only when a full Jury is appointed and present at the competition.

16.6.4 A technical challenge will only be considered if submitted to the PJ within one (1) minute of the display of the Referee's final decision for the athlete's attempt.

16.6.5 In order to submit a technical challenge, either the athlete or coach must proceed to the Jury table and lodge the technical challenge card with the PJ within the one (1) minute deadline. The technical challenge may only be lodged by the athlete or the coach in possession of a warm up pass for that particular session.

16.6.6 Technical challenge cards can be purchased from the TC in the warm up area from the opening of the warm-up area for the respective session (as published on the competition schedule) to the close of the respective session at a cost of one hundred Euros (€100). Full payment will be accepted in cash only and must be paid immediately upon request of a technical challenge card.

16.6.7 Technical challenges must be determined by a unanimous decision of all four (4) Jury members who were present for the attempt that is the subject of the technical challenge.

16.6.8 When the technical challenge is lodged, the PJ will immediately check all the decisions that were made by each member of the Jury. This will occur without any need to suspend the competition, and the outcome of the challenge will be immediately verbally informed to the individual person that lodged the challenge.

16.6.9 For a challenge to be accepted all four members of the jury must have awarded a good lift (white light).

16.6.10 The challenge will be dismissed if one (1) or more members of the jury have awarded the attempt in question a no lift (red light).

16.6.11 If a technical challenge is dismissed, the technical challenge card and fee will be retained, and submitted by the TC to the WPPO management office. No further action is required.

16.6.12 If the athlete/coach arrives at the jury table too late to lodge the technical challenge, then the PJ will immediately return the technical challenge card to the person who lodged the technical challenge. The card should then be

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returned to the TC in order to receive the cash refund of the technical challenge fee.

16.6.13 If a technical challenge is accepted, the PJ will immediately return the technical challenge card to the person who lodged the technical challenge. The card should then be returned to the TC in order to receive the cash refund of the technical challenge fee.

16.6.14 The athlete's result will be immediately amended, and the result/ranking updated accordingly.

16.6.15 Any outcome of a technical challenge communicated by the PJ is final, and there will be absolutely no opportunity to protest or appeal this outcome.

16.6.16 Technical challenge(s) that were dismissed should contact the WPPO management office to obtain an official receipt(s) for the technical challenge fee. All proceeds collected from dismissed technical challenges will be invested into the WPPO Solidarity Programme to support developing NPCs to enter athletes into WPPO Recognised Competitions.

16.6.17 There will be no possibility under any circumstance to lodge a technical challenge in the mixed team event.

16.7 Errors in Loading or Announcing

16.7.1 During any round, if any of the below errors are observed and subsequently raised by the adjudicating Referees, Jury, athlete or that athlete's coach to the CR prior to the athlete receiving the start command, then the CR will notify the timekeeper to stop the time to analyse the issue:

16.7.1.1 Incorrectly loaded bar: The weight that is loaded onto the bar does not match the weight requested and signed by the coach/athlete to the Marshall.

16.7.1.2 Incorrect rack height: The rack height is incorrect and does not match the height requested and signed by the coach/athlete to the Marshall.

16.7.1.3 Technical Announcer error: Should the TA announce the wrong starting weight and or rack height leading to an incorrectly loaded bar and or rack height.

16.7.2 If the CR (in his/her sole discretion) determines there is no issue pursuant to Rules 16.7.1.1, 16.7.1.2 and/or 16.7.1.3 then the time and attempt shall resume as normal.

16.7.3 If an issue pursuant to Rules 16.7.1.1, 16.7.1.2 and/or 16.7.1.3 is identified by the CR, the athlete and coach will be asked to leave the stage for the error to be corrected. Once corrected, the allotted time will be reset to three (3) minutes for the athlete to commence the attempt.

16.7.4 During any round, if any of the issues identified in Rules 16.7.4.1 to 16.7.4.4 are not observed before the athlete receives the start command but are

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subsequently raised by the adjudicating Referees, Jury, athlete or that athlete's coach to the CR after an unsuccessful attempt and prior to the athlete leaving the lifting area (platform), if the CR determines (in his/her sole discretion) there was an issue, the athlete will be permitted to repeat the attempt at the end of that round. If the athlete is the final lifter in that round they will be permitted three (3) minutes to repeat the attempt, otherwise the standard two (2) minutes time allowance will apply.

16.7.4.1 Incorrectly loaded bar: The weight that is loaded onto the bar does not match the weight requested and signed by the coach/athlete to the Marshall.

16.7.4.2 Incorrect rack height: The rack height is incorrect and does not match the height requested and signed by the coach/athlete to the Marshall.

16.7.4.3 Technical Announcer error: Should the TA announce the wrong starting weight and or rack height leading to an incorrectly loaded bar and or rack height.

16.7.4.4 Spotter Error: Should the bar come into contact with the spotter(s) at any point during the lift when not instructed to do so by the CR.

16.7.5 In the event that the bar is incorrectly loaded, and the lift is successful the following will apply:

16.7.5.1 If loaded to a lighter weight than requested, the athlete may accept the successful attempt and have the lower weight recorded or elect to repeat the attempt at the originally requested weight at the end of that round.

16.7.5.2 If loaded to a heavier weight than requested then the heavier weight will be recorded. The weight will only be reduced for any subsequent athlete(s) who requested to lift a lower weight before the loading error occurred.

16.8 Records

16.8.1 During all WPPO Recognised Competitions where an official anti-doping team is conducting doping tests and a full WPPO Jury is present, competing athletes are entitled to attempt to break a record.

16.8.2 Once identified that a record attempt will take place, in order for the record to be valid there must be no more than one (1) Referee on the stage that matches the nationality of the athlete completing the attempt. If two (2) Referees on the stage do match the nationality of the athlete completing the attempt, the TD will make every effort when and where possible to replace these Referees accordingly.

16.8.3 During the three (3) attempts an athlete is allowed to make a request for a record attempt that is not a rounded multiple of a full 1kg, and instead can be an increase of 0.5kg.

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16.8.4 Should the record attempt be successful, it will be recognised as a new record, however the result recorded for that lift (recognised for ranking and to place the athlete) will be the lowest closest multiple of a rounded 1kg. Please see example below:

1st attempt	2nd attempt	3rd attempt
101 kg	102.5 kg (Record)	103.5 kg (Record)
(Result Recorded = 103kg) (Record recorded = 103.5kg)		

16.8.5 Record attempts which are not multiples of a full 1kg are permitted on any or all of the athlete's three attempts provided that the minimum increase remains at no less than 0.5kg.

16.8.6 As soon as a new record is established any athlete then wishing to attempt a new record must exceed the previous one set by a minimum of 0.5kg otherwise it will not be recognised.

16.8.7 In the situation where two (2) athletes from the same bodyweight category break the same record on the same day but in different competitions, the athlete who weighed the lightest during the weigh in at their respective competition will be the sole record holder.

16.8.8 Should the two (2) athletes have weighed the exact same bodyweight at the weigh in of their respective competition then the two (2) athletes will both be the record holder collectively.

16.8.9 WPPO will recognise and maintain senior and junior regional and world records, and games records (Parapan American Games, Asian Para Games and Paralympic Games). It is only possible to break these records at the below identified competitions within the three (3) attempts.

16.8.10 No Records will be recognised or maintained for the team event or mixed team event.

Competition Type	Record types recognised if lifted within the 3 attempts
Paralympic Games	Senior World Record Junior World Record Paralympic Records
Senior World Championships	Senior World Record All Senior Regional Records
Junior World Championships	Junior World Record All Junior Regional Records
Senior Regional Championships	Senior World Record All Senior Regional Records

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Competition Type	Record types recognised if lifted within the 3 attempts
Junior Regional Championships	Junior World Record All Junior Regional Records
World Cups	Senior & Junior World Record All Senior & Junior Regional Records
Parapan American Games	Senior World Record Senior Americas Regional Record Parapan American Games Record
Asian Para Games	Senior World Record Senior Asia Regional Record Asian Para Games Record
Commonwealth Games	Senior World Record All Senior Regional Records Junior World Record All Junior Regional Records Commonwealth Games Record
Sub-regional Para Games	Senior & Junior World Record Respective Senior & Junior Regional Records
Youth Para Games	Junior World Record Respective Junior Regional Records
International/Invitational/National	None

16.8.11 Senior World Records

16.8.11.1 The successful senior world records will be recognised during competition only if the below are met:

16.8.11.2 Full four (4) person Jury of level 1 Referees was present.

16.8.11.3 The three (3) Referees on the stage for the lift are all international level Referees.

16.8.11.4 The athlete's uniform and equipment were inspected and approved by the TC in the warm-up area in the presence of the TD prior to entering the FOP for the respective senior world record attempt. If the lifter is found to be wearing any illegal substance or apparel (see Rule 12.3), including clothing not recorded during the official kit check, the athlete will not be permitted to enter the FOP and will be disqualified (DSQ) from the competition.

16.8.11.5 The successful senior world record will then only be validated once the below is met:

16.8.11.6 A doping test is carried out on the record holder and the result was returned negative.

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16.8.12 The Power Lift (4th attempt)

16.8.12.1 The Power Lift is an additional attempt available to athletes to achieve a record outside of the official competition result, following their third attempt.

16.8.12.2 The Power Lift is only permitted if the following prerequisites are met:

16.8.12.3 Once the athlete has completed their third attempt the coach/athlete has a time limit of one (1) minute from the display of the Referee's final decision for the athlete's final attempt to request the Power Lift. This request must be made by the coach/athlete at the Marshall table and if then approved by the President if Jury it must be indicated on the official attempt card then signed by the coach or athlete and the Marshall.

16.8.12.4 If an athlete completes a successful third attempt where the weight lifted falls within 10kg of the current record weight with which the athlete is trying to break.

16.8.12.5 If the third attempt already completed was a new record attempt but was not successful and a no lift was given.

16.8.12.6 If the third attempt already completed was a new record attempt and was a successful lift and a good lift was given.

16.8.12.7 There will be no option to request the Power Lift for the Mixed Team Event.

16.8.12.8 The Power Lift is only permitted for use to break the below listed records types at the below identified competitions only:

Competition Type	Record types permitted to break with the Power Lift
Paralympic Games	Senior World Record
Senior World Championships	Senior World Record
Junior World Championships	Junior World Record
Senior Africa Regional Championships	Senior World Record Senior Africa Regional Record
Junior Africa Regional Championships	Junior World Record Junior Africa Regional Record
Senior Americas Regional Championships	Senior World Record Senior Americas Regional Record
Junior Americas Regional Championships	Junior World Record Junior Americas Regional Record
Senior Asia-Oceania Regional Championships	Senior World Record Senior Asia Regional Record Senior Oceania Regional Record
Junior Asia-Oceania Regional	Junior World Record

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Competition Type	Record types permitted to break with the Power Lift
Championships	Junior Asia Regional Record Junior Oceania Regional Record
Senior Europe Regional Championships	Senior World Record Senior Europe Regional Record
Junior Europe Regional Championships	Junior World Record Junior Europe Regional Record
World Cups	Senior World Record Junior World Record
Parapan American Games	Senior World Record Senior Americas Regional Record Parapan American Games Record
Asian Para Games	Senior World Record Senior Asia Regional Record Asian Para Games Record
Commonwealth Games	Senior World Record
Sub-regional Para Games	Senior World Record Junior World Record
Youth Para Games	Junior World Record
International/Invitational/National	None

16.9 Results

16.9.1 Individual Results

16.9.1.1 The final individual result of each competing athlete will be calculated on the best good lift completed (heaviest weight lifted) during the competition within the three (3) available attempts.

16.9.1.2 Where two (2) athletes achieve the same competition result, the athlete with the lightest bodyweight will be ranked higher.

16.9.1.3 The weight lifted by an athlete in the Power Lift will never count toward their final result and will be only used for record purposes.

16.9.1.4 All official results will be either managed via the electronic OVR system and or manually recorded on the official results sheet.

16.9.1.5 All results will be checked and signed by the TD, CR and PJ (where applicable), prior to awarding medals/diplomas, uploading results and distributing official results and competition results books.

16.9.2 Team Results

16.9.2.1 For team events the result will be calculated by taking the total sum of the good lifts over the course of the nine (9) attempts by the three (3) individual team

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members from the respective bodyweight category, using the following formula:

- Total Weight (kg) of all the three (3) athletes recorded 'Good Lifts' over the nine (9) (attempts) = teams total sum of good lifts (kg)

- At WPPO Regional Championships only the results from the senior open event will be considered to calculate the final team results (including teams from the region and all other competing nations from outside that region)
- At WPPO Championships only the results from the senior event will be considered to calculate the final team results.
- At WPPO World Cups the results of both junior and senior events will be considered but only for one (1) collective team award.

16.9.3 Mixed Team Results

16.9.3.1 All results of the Mixed Team Event will be calculated using the AH formula which is a coefficient that enables the comparison of the results of lifers from different bodyweight categories. The AH score from each lifter from each round will then be summed to give the total AH score, with the highest score receiving the highest rank.

16.9.4 Team Trophies

16.9.4.1 Team trophies will be awarded at all WPPO World Cups and WPPO Championships using the team trophy point allocation system.

16.9.4.2 The points will be calculated from the teams six (6) best placed individual athletes final competition rank (1st-10th) as detailed in table below. Points for the lowest ranked athlete entered to each team event will not be considered.

Rank	Points
First	12
Second	11
Third	10
Fourth	9
Fifth	8
Sixth	7
Seventh	6
Eighth	5
Ninth	4
Tenth	3

16.9.4.3 The format with which the Team Trophies will be calculated and awarded will differ at WPPO World Cups and WPPO Championships as outlined below:

16.9.4.4 WPPO World Cups:

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- One (1) team trophy only will be awarded to just the highest placed team from all competing nations, using points from the top six (6) ranked athletes from one (1) or both genders, junior and senior athletes will both be considered.

16.9.4.5 WPPO Regional Championships:

- Trophies will be awarded to the top three (3) placed teams from competing nations of only the respective region of the championships. The athletes' regional rank for the top six (6) ranked athletes from both genders, junior and senior will be considered.

16.9.4.6 WPPO Championships:

- Trophies will be awarded to the top three (3) placed teams from all competing nations, using points from the top six (6) ranked athletes from one or both genders, junior and senior athletes will both be considered.
- Trophies will be awarded to the top three (3) placed women's teams from all competing nations, using points from up to the top six (6) ranked female athletes' only, junior and senior athletes will both be considered.
- Trophies will be awarded to the top three placed men's teams from all competing nations, using points from up to the top six (6) ranked male athletes' only, junior and senior athletes will both be considered.

16.9.5 Tie Break

16.9.5.1 In the event of a tie in the overall scores of two (2) countries, the nation having the largest number of first places will be ranked first. In the event of a tie between two (2) nations having the same number of first places, the one (1) having the most second places will be ranked first and so on through to the placing of the maximum six (6) scoring athletes.

16.9.5.2 In the case of a tie with exactly the same first, second, third, etc. places the two (2) teams will be equally ranked first, the next team will then be third and so on.

16.9.5.3 In the event of a tie in the mixed team event the position will be shared and two (2) sets of medals will be awarded for that position and the flags of both nations will be raised during the victory ceremony. The flags will be placed one above the other in alphabetical order as per the English language. Should the tie break be for the gold medal position both national anthems will be played one after the other in alphabetical order as per the English language.

16.9.6 Result Book

16.9.6.1 The result book will be only produced in IPC Games, IPC Competitions and WPPO Sanctioned Competitions.

16.9.6.2 The result book must be published by WPPO within fifteen (15) days of the end of competition.

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16.10 Medal Awards

16.10.1 At all WPPO Recognised Competitions medals will be awarded to all the respective athletes within both individual and team events as displayed below, and in accordance to the event viability criteria in Rule 11.5:

- 1st Gold
- 2nd Silver
- 3rd Bronze

16.10.2 Where two (2) athletes achieve the same competition result, the athlete with the lightest bodyweight will be ranked higher and medals awarded accordingly.

16.10.3 If two (2) athletes achieve the same competition result and have registered an identical bodyweight at the weigh in, then the respective rank will be shared and two (2) medals awarded as follows:

- In case there are two (2) gold medal winners, two (2) gold and a bronze medal will be awarded.
- In case there are two (2) silver medal winners, gold and two (2) silver medals will be awarded.
- In case there are two (2) bronze medal winners, gold, a silver and two (2) bronze medal will be awarded.

16.10.4 During the victory ceremony, two (2) flags can be flown from the same pole; they shall be hung in alphabetical order of the language of the host country from top to bottom. Both country anthems shall be played in the same order.

16.10.5 Only when a stand-alone equivalent junior competition is not offered (Example: WPPO World Cups) and both junior and senior athletes are permitted to compete together within the same bodyweight category, then should a junior athlete achieve a high enough competition result to win a medal within the senior competition also, then they will be awarded two (2) medals (junior and senior event medals). With the exception of IPC Games, regional and sub-regional para Games, and the WPPO Senior Championships should juniors qualify to compete they will be regarded as a senior and will compete to achieve the single available senior medals only.

16.10.6 The awarding of medals must be carried out in full accordance with the IPC Protocol Guide.

16.10.7 For the Mixed Teams, Medals will be awarded to each competing member of the mixed team as detailed below:

- 1st placed team – 3 x Gold Medals
- 2nd placed team – 3 x Silver Medals
- 3rd Placed team – 3 x Bronze Medals

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16.10.8 When there is two (2) competing teams the Minus on (-1) rule will be used and only one (1) set of medals will be awarded (3 x Gold Medals).

16.10.9 When there is three (3) or more competing teams all sets of medals will be awarded (3 x Gold, 3 x Silver and 3 x Bronze).

16.11 Rankings

16.11.1 WPPO will maintain a ranking system based on the best lift of each athlete, which will determine their respective rank within the respective ranking system as follows:

- Individual World
- Regional Rankings,
- Paralympic Rankings,
- Team World Rankings
- Team Regional rankings

16.11.2 Paralympic rankings are only given if the required criterion is met as detailed in the WPPO 2017-2020 Qualification Pathway in **Appendix 1**.

16.11.3 Where two (2) athletes have the same best lift, the athlete with the lightest bodyweight will be ranked higher.

16.11.4 Only athletes that are licensed for that competition season by the date of the competition, and have a Sport Class Status of confirmed, review or review with a fixed date of the year of the competition or later will have their result recognised in the WPPO ranking system.

16.11.5 Annual Ranking lists for the mixed team event will be maintained by World Para Powerlifting, NPCs are permitted to have up to three (3) results displayed in the ranking list. The ranking will display the details of the individual athletes that make up the team. After each competition where a mixed team event is held the rankings will be automatically updated.

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@ParaPowerlifting

@ParaPowerlifting



World Para Powerlifting

Adenauerallee 212-214
53113 Bonn, Germany

Tel. +49 228 2097-260
Fax +49 228 2097-209

info@WorldParaPowerlifting.org
www.WorldParaPowerlifting.org

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