



World Para Powerlifting

Rules and Regulations

2022
Version 1.4



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World Para Powerlifting

International Paralympic Committee

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Introduction

Preamble

These World Para Powerlifting (“WPPO”) Rules and Regulations are mandatory for all WPPO Recognised Competitions. The overall governance and management of all World Para Sports (including WPPO) is subject to the detailed provisions of the IPC Handbook.

Section A of this document consists of the WPPO Regulations. Section B consists of the WPPO Rules.

Section B1 of WPPO Rules contains the rules on the Power discipline. Section B2 of the WPPO Rules contains the rules on the Station discipline.

Governance

The International Paralympic Committee (“IPC”) acts as the International Federation for the sport of Para powerlifting. It is responsible for, amongst other things, organising international Competitions and drawing up rules and regulations relevant to the sport of Para powerlifting and ensuring that they are followed. IPC carries out its responsibilities as International Federation under the name “World Para Powerlifting”, and the term “World Para Powerlifting” should therefore be read in these Rules and Regulations as being equivalent to IPC.

World Para Powerlifting Classification Rules and Regulations

The WPPO Classification Rules and Regulations are an integral part of these Rules and Regulations and are available at www.paralympic.org/powerlifting/classification. Terms which are defined in the WPPO Classification Rules and Regulations and appear in these Rules and Regulations shall have the meaning given to them in the WPPO Classification Rules and Regulations, unless otherwise defined in these Rules and Regulations.

Changes to These Rules and Regulations

Please note that these Rules and Regulations may be changed at any time as a result, for example, of changes in Classification-related matters or where WPPO otherwise considers it necessary to do so.

Definitions

Athlete: for the purposes of the Rules, any person who participates in Para powerlifting at the international level (as defined by WPPO) or national level (as defined by each National Federation) and any additional person who participates in sport at a lower level (if designated by the person's National Federation).

Bodyweight Category(ies): the separate weight classes within each Event.

CF: Coefficient 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: the entirety of each Session, Event and Round forming a single competition (e.g. a single edition of the WPPO Championships).

Competition Director: a person certified and appointed by WPPO who the main point of contact and lead a WPPO Recognised Competition in liaison with the LOC, the Event Director and the Technical Delegate and provide best practices in key areas of competition management and venue operational standards.

Competition Medical Director: a person appointed by the LOC who is responsible for implementing the WPPO 'Scope of Event Medical Services'.

Elite: Name of the Athlete's age group where the minimum age is 15 years of age by 31 December of the year of the Competition.

eMarshall: Electronic Marshall.

Event: the period of the Kit Check and Weigh-in processes, the Rounds and the Victory Ceremony forming a single event within a Competition (e.g., the Men's +107.00 kg event).

Events Director: a person certified and appointed by WPPO who lead a WPPO Recognised Competition in liaison with the Competition Director and the Technical Delegate and provide best practices in key technical areas of competition and operational standards.

FOP: Field of Play; the area where the Event takes place, which contains the Competition platform 4x4m, the bench, the ramps and the stage area

Games: IPC Games, Commonwealth Games, Regional Para Games, Sub Regional Para Games, Youth Para Games, and any other WPPO Recognised Competition identified as a Games by WPPO.

IF Delegate: a person certified and appointed by WPPO who is in charge of the planning and delivery of WPPO Recognised Competitions and has the highest authority over the Competition.

International Federation (IF): 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 Games: the Paralympic Games and the Parapan American Games.

IPC Handbook: the IPC Handbook located on the IPC's website at www.paralympic.org/ipc-handbook.

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.

Jury: the Technical Officials appointed to adjudicate the lift in case of a Lift Challenge at relevant WPPPO Recognised Competitions.

Kit Check: the process where the Athlete's personal uniform and equipment are verified ahead of their Event.

Legends: name of the Athlete's age group where the minimum age is 45 years of age by 31 December of the year of the Competition.

Lift Challenge: the process in which an Athlete can protest their own "No Lift" decision.

LiftVRS: Lift Video Replay System.

LiftED: Lift Educational Video Database.

LOC: Local Organising Committee; it is an organisation appointed to organise a WPPPO Recognised Competition.

Lot Number: an identification number allocated to each Athlete according to the World Ranking List per Bodyweight Category.

Marshall: the Technical Official responsible for managing lift attempt changes and approving Power Lift requests by Athletes and/or their Team Official.

MS: Minimum Standard.

National Federation: the national member of an International Federation.

Next Gen: name of the Athlete's age group where the minimum age is 18 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.

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.

OCOG: Organising Committee of a Games.

OVR: On Venue Results.

Para sport: 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.

Referee: the Technical Officials appointed to adjudicate the lift at relevant WPPPO Recognised Competitions.

Rookie: name of the Athlete's age group where 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 17 years of age by 31 December of the year of the Competition.

Round: the period of the Athletes competing their lift attempts.

RTDS: Real-Time Display System.

SDMS: IPC Sport Data Management System.

Session: a combination of several Events in a specific time period during the Competition.

Sport Class: a category for Competition defined by WPPO 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.

Team Official: an accredited team member (non-Athlete) who represents their delegation.

Technical Delegate (TD): a person certified and appointed by WPPO to a WPPO Recognised Competition to lead the Technical Officials, provide technical advice, and monitor that the technical operations are conducted in accordance with these Rules and Regulations.

Technical Meeting: a meeting for all teams which takes place before any WPPO Recognised Competition to disseminate information on technical matters and logistics related to the Competition.

Technical Official: the persons certified and appointed by WPPO to operate the Competition in accordance with these Rules.

T&S: Timing and Scoring System.

WADC: the World Anti-Doping Code.

Weigh-in: 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.

WPPO: World Para Powerlifting.

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

WPPO Athlete License: a license issued by the WPPO in accordance with the WPPO Athlete Licensing Registrations to enable Athletes to compete in IPC Games and WPPO Recognised Competitions.

WPPO Championships: WPPO World Championships and WPPO Regional Championships.

WPPO Recognised Competition: IPC Games, WPPO Championships, WPPO Sanctioned Competitions and WPPO Approved Competitions.

WPPO Sanctioned Competitions: WPPO World Cups and other WPPO international Competitions determined by WPPO.

Section A: WPPO Regulations

1 General Provisions

1.1 Scope and application

- 1.1.1 These Rules and Regulations comprise the WPPO Regulations (“Regulations”) and the WPPO Rules (“Rules”), together with the Appendices listed above. The Appendices form an integral part of these Rules and Regulations.
- 1.1.2 These Rules and Regulations are mandatory for all WPPO Recognised Competitions. All participants (including, but not limited to, Athletes and support personnel, coaches, trainers, managers, interpreters, team staff, officials, medical or paramedical personnel) in any WPPO Recognised Competitions agree to be bound by these Rules and Regulations as a condition of such participation.
- 1.1.3 The WPPO Classification Rules and Regulations are an integral part of these Rules and Regulations and are located on the WPPO website. The IPC Handbook is an integral part of the governance of the sport of Para powerlifting.
- 1.1.4 Any matter not addressed in these Rules and Regulations shall be determined by WPPO, in its sole discretion.
- 1.1.5 This version of these Rules and Regulations will be effective from **1 July 2023** and shall prevail over all previous versions of these Rules and Regulations.

1.2 Interpretation

- 1.2.1 Capitalised terms used in these Rules and Regulations have the meaning given to them in the Definitions list above.
- 1.2.2 Any comments annotating various provisions of these Rules shall be used to interpret these Rules and Regulations.
- 1.2.3 Headings used in these Rules and Regulations are used for convenience only and have no meaning that is separate from the Regulation(s) or Rule(s) to which they refer.
- 1.2.4 All references to the words “he”, “his” or “him” in these Rules also mean the words “she”, “hers” or “her”.

1.3 Governance

- 1.3.1 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” (“WPPO”) and the term “World Para Powerlifting” (“WPPO”) must be read in these Rules and Regulations as the IPC and vice versa.

1.4 Printing of the Rules

- 1.4.1 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 WPPO. They 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 them, including the right to insist on an assignment to the IPC of the copyright in

any translated version. Any other organisation must obtain the permission of the IPC prior to reprinting, translating or publishing these Rules and Regulations.

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

1.5 Amendments to the Rules

1.5.1 These Rules and Regulations may be changed at any time as a result, for example, of changes in Classification-related matters or where WPPO otherwise considers it necessary to do so.

2 WPPO Recognised Competitions

2.1 Competition levels

2.1.1 WPPO categorises Competitions based on their scale, size, and nature to determine the applicable requirements at each Competition.

2.1.2 WPPO Recognised Competition levels are as follows:

Tier	Name	Type	Competitions
1	IPC Games	High Performance	<ul style="list-style-type: none"> Paralympic Games
		Development/ High Performance	<ul style="list-style-type: none"> Parapan American Games*
	WPPO Championships	High Performance	<ul style="list-style-type: none"> WPPO World Championships (Rookie, Next Gen, Elite and Legends)
		Development/High Performance	<ul style="list-style-type: none"> WPPO Regional Championships (Rookie, Next Gen, Elite and Legends)
2	WPPO Sanctioned Competitions	Development/High Performance	<ul style="list-style-type: none"> WPPO World Cups Asian Para Games
		Development	<ul style="list-style-type: none"> Commonwealth Games
			<ul style="list-style-type: none"> Sub Regional Para Games
3	WPPO Approved Competitions	Fundamental	<ul style="list-style-type: none"> Youth Para Games Other international Competitions National Competitions Hybrid Competitions

*This applies only to the Santiago 2023 Parapan American Games

2.2 Competition cycle

2.2.1 Unless otherwise determined by the IPC, the cycle for IPC Games, WPPO Championships and WPPO Recognised Competitions is as follows:

Cycle	Competition
Year 1	<ul style="list-style-type: none"> ▪ WPPO World Championships ▪ WPPO World Cups ▪ Asian Youth Para Games ▪ Youth Parapan American Games ▪ WPPO Hybrid Competitions ▪ National Competitions
Year 2	<ul style="list-style-type: none"> ▪ WPPO Regional Championships ▪ WPPO World Cups ▪ Asian Para Games ▪ Commonwealth Games ▪ WPPO Hybrid Competitions ▪ National Competitions
Year 3	<ul style="list-style-type: none"> ▪ WPPO World Championships ▪ WPPO World Cups ▪ Parapan American Games ▪ WPPO Hybrid Competitions ▪ National Competitions
Year 4	<ul style="list-style-type: none"> ▪ Paralympic Games ▪ WPPO World Cups ▪ WPPO Hybrid Competitions ▪ National Competitions

2.3 Competition requirements

2.3.1 The organisational requirements and Competition fees for each level of WPPO Recognised Competitions (excluding IPC Games) are outlined in the Competition Rules.

2.4 Competition management

2.4.1 The IPC shall manage all IPC Games.

2.4.2 WPPO shall have the right to manage and shall have ultimate jurisdiction over all matters related to WPPO Championships and WPPO Sanctioned Competitions (and may delegate or remove such jurisdiction to the IF delegate or other officials under these Rules and Regulations or as it sees fit) and shall have the power to postpone Competitions and give directions consistent with the rules adopted for conducting Competition. WPPO shall also have the right to oversee all WPPO Approved Competitions.

2.4.3 WPPO shall have the right to intercede as necessary in order to resolve any conflicts or issues in any WPPO Recognised Competition, including by requiring an LOC to address any aspect of the Competition or issue in relation to the WPPO Rules and Regulations

2.4.4 The words “World”, “Regional” and “World Para Powerlifting” may not be used in connection with any Para powerlifting Competition or Event without the prior written consent of WPPO. 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” 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.

2.4.5 All WPPO Recognised Competitions must be hosted according to the requirements and processes set out in these Rules and Regulations, as outlined in **Appendix 2**.

2.4.6 The Events and Competition format for all WPPO Recognised Competitions are outlined in these Rules and Regulations.

2.5 Competition entries

2.5.1 All entries to participate in WPPO Championships and WPPO Sanctioned Competitions must be in accordance with these Rules and Regulations.

2.5.2 The entry criteria for the IPC Games shall be defined in the qualification criteria outlined on the IPC website. The 2021-2024 WPPO qualification pathway found in **Appendix 1** outlines the WPPO Recognised Competitions Athletes must attend in order to be considered eligible to qualify for the Paralympic Games.

2.5.3 The entry criteria and MS for WPPO Championships and WPPO Sanctioned Competitions shall be defined in the Competition Rules outlined in the information package and/or qualification guide for each such Competition.

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

2.5.5 All entries from NPCs must be received by the deadlines as set out in the Competition information package and/or qualification guide.

2.5.6 The cancellation deadlines and policies for each Competition will be published in the Competition information package and/or qualification guide and must be adhered to.

2.6 Recognition of results

2.6.1 WPPO accepts results achieved at WPPO Recognised Competitions by eligible Athletes (in accordance with Regulation 3) as set out in these Rules and Regulations, solely for the following purposes:

2.6.1.1 WPPO rankings;

2.6.1.2 WPPO records;

2.6.1.3 allocation of qualification slots for IPC Games, WPPO Championships and WPPO Sanctioned Competitions; and/or

2.6.1.4 achieving qualification standards for entry into IPC Games, WPPO Championships and WPPO Sanctioned Competitions.

2.7 Advertising and displays during Competitions

2.7.1 The IPC determines the advertising requirements at IPC Games.

2.7.2 The WPPO Uniform and Equipment Advertising Guidelines in **Appendix 4** outline

the advertising permitted at WPPO Championships. During all other WPPO Recognised Competitions (except IPC Games), the IPC and, with the approval of the IPC the relevant LOC, shall adopt the applicable advertising requirements.

2.8 Anti-gambling requirements

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

3 Eligibility and Classification

3.1 Eligibility requirements – IPC Games

- 3.1.1 The IPC determines the eligibility requirements for IPC Games.

3.2 Eligibility requirements – WPPO Recognised Competitions

- 3.2.1 To meet the eligibility requirements to participate in WPPO Recognised Competitions an Athlete must:

- 3.2.1.1 hold a valid WPPO Athlete Licence issued in accordance with the WPPO Athlete Registration and Licensing Regulations by the time of the final entry deadline;
- 3.2.1.2 be internationally classified and have been assigned a Sport Class (other than Not Eligible (NE)) in accordance with the WPPO Classification Rules and Regulations;
- 3.2.1.3 be entered by their NPC (or National Federation if such responsibility has been delegated by the NPC), in either case the NPC being a member in good standing of the IPC;
- 3.2.1.4 satisfy the nationality requirements of the IPC Athlete Nationality Policy (located on the IPC website www.paralympic.org/ipc-handbook);
- 3.2.1.5 be the minimum age to participate in the relevant Competition, as defined in the Competition information package and/or qualification guide; and
- 3.2.1.6 not be disqualified, suspended or otherwise sanctioned.

3.3 Qualification requirements

- 3.3.1 In addition to the eligibility requirements outlined above, in order to compete in WPPO Recognised Competitions an Athlete must also meet the qualification standards, qualification criteria and any sport entry rules applicable to the relevant Competition.

3.4 Gender

- 3.4.1 Subject to Regulation 3.4.3, below, an Athlete shall be eligible to compete in men's Events if he is:
- 3.4.1.1 recognised as male in law; and
 - 3.4.1.2 eligible to compete under these Rules.
- 3.4.2 Subject to Regulation 3.4.3, below, an Athlete shall be eligible to compete in women's Events if she is:

- 3.4.2.1 recognised as female in law; and
- 3.4.2.2 eligible to compete under these Rules.
- 3.4.3 WPPO 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 WPPO Regulations.
- 3.4.4 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 WPPO Regulations.

3.5 International Classification

- 3.5.1 WPPO shall determine the WPPO 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 WPPO Classification Rules and Regulations.
- 3.5.2 An Athlete who has not been assessed by a WPPO Classification Panel will not meet the eligibility criteria (set out in this Regulation 3) to compete in IPC Games, WPPO Championships and WPPO Sanctioned Competitions.

4 Anti-Doping

4.1 Anti-Doping Requirements

- 4.1.1 The IPC Anti-Doping Code located on the IPC website at www.paralympic.org/antidoping applies to all IPC Games, WPPO Championships and WPPO Sanctioned Competitions. Mandatory testing for world record performances at the Competition to be recognised by WPPO.
- 4.1.2 WPPO 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 is also mandatory at such Competitions.

5 Medical

5.1 Medical requirements

- 5.1.1 The IPC Medical Code located on the IPC website at www.paralympic.org/medical applies to all IPC Games, WPPO Championships and WPPO Sanctioned Competitions.
- 5.1.2 The medical and safety rules of the relevant governing body apply to WPPO Approved Competitions.

5.2 Medical responsibilities

- 5.2.1 In accordance with the IPC Medical Code, all Athletes who compete in WPPO Recognised Competitions are responsible for their own physical and mental health and for their own medical supervision.
- 5.2.2 By entering in a WPPO Recognised Competition, an Athlete releases the IPC and WPPO 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.

- 5.2.3 Notwithstanding the above Regulations 5.2.1 and 5.2.2, NPCs shall use best efforts to ensure the physical and mental health of all Athletes and Team Officials under their jurisdiction prior to their participation in WPPO Recognised Competitions.
- 5.2.4 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 a WPPO Recognised Competitions, and that NPCs appoint a team physician to attend all such Competitions.
- 5.2.5 WPPO will be entitled to prevent any Athlete from competing where in its 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. 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.

5.3 Medical withdrawal request

- 5.3.1 At all IPC Games, WPPO Championships and WPPO Sanctioned Competitions the official WPPO Medical Withdrawal Request Form (located on the WPPO website) must be submitted to the WPPO office in order to officially request the withdrawal of an Athlete from the relevant Competition after submission of the final entry by numbers.
- 5.3.2 During competition 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.
- 5.3.3 All sections of the Medical Withdrawal Request Form must be completed.
- 5.3.4 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.
- 5.3.5 WPPO shall determine whether a Medical Withdrawal Request is accepted. This decision is final with no opportunity to protest or appeal.

5.4 Medical insurance

- 5.4.1 NPCs are responsible to ensure suitable medical provision and medical insurance coverage for their respective delegations for WPPO Recognised Competitions and (subject to Regulation 5.4.2 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 WPPO if requested.
- 5.4.2 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 WPPO Recognised Competitions.

5.5 Medical and safety services at IPC Games, WPPO Championships and WPPO Sanctioned Competitions

- 5.5.1 The LOC shall be responsible for implementing the medical and safety services for IPC Games in accordance with the relevant host agreement.
- 5.5.2 LOCs shall be responsible for implementing the medical and safety services at WPPO Championships and WPPO Sanctioned Competitions.
- 5.5.3 A Competition Medical Director shall be appointed by the LOC for all WPPO Recognised Competition to prepare and co-ordinate the medical services and safety requirements during the relevant Competition.
- 5.5.4 At all WPPO Championships and any other Competitions determined by WPPO, WPPO shall be responsible for ensuring a medical representative monitors implementation of these and any other Competition-specific medical and safety rules.

5.6 Harassment

- 5.6.1 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 WPPO Recognised Competitions.

5.7 Autonomic dysreflexia

- 5.7.1 The IPC Policy on Autonomic Dysreflexia (located on the IPC website) applies to all WPPO Recognised Competitions.

5.8 Hypoxic or hyperoxic chambers or tents

- 5.8.1 The use of hypoxic or hyperoxic chambers or tents is prohibited at all WPPO Recognised Competitions.

5.9 Heat

- 5.9.1 The IPC Heat Policy (located on the IPC website) applies to all WPPO Recognised Competitions.

5.10 Smoking ban

- 5.10.1 Smoking is prohibited during competition at all venues of WPPO Recognised Competitions.

6 Technology and Equipment

6.1 Fundamental Principles

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

6.2 Monitoring of the use of technology and equipment

- 6.2.1 The WPPO Technical Delegate, or their designee, will monitor the use of technology and equipment at WPPO Recognised Competitions to ensure that it conforms to the principles outlined in the IPC Policy on Sport Equipment. This may include, but will not be limited to, the assessment of:
 - 6.2.1.1 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
 - 6.2.1.2 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.

6.3 Prohibited Technology

- 6.3.1 Use of the following technology is prohibited at WPPO Recognised Competitions:
 - 6.3.1.1 equipment that breaches the fundamental principles outlined in the IPC Policy on Sport Equipment;
 - 6.3.1.2 equipment that results in athletic performance being generated by machines, engines, electronics, motors, robotic mechanisms or the like; and
 - 6.3.1.3 osteo-integrated prosthesis.
- 6.3.2 At any WPPO Recognised Competition the WPPO Technical Delegate shall be entitled to prohibit the use of any equipment prohibited by these Rules and Regulations. In every case of a suspected breach the WPPO Technical Delegate must report the matter to WPPO. Upon receiving such a report any further investigation and/or action will be determined by WPPO on a case by case basis.
- 6.3.3 WPPO 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.

7 Disciplinary Rules

7.1 General Disciplinary Provisions

- 7.1.1 The IPC Code of Ethics (located on the IPC website) shall apply to all participants of WPPO Recognised Competitions.
- 7.1.2 In addition to any specific provisions of these Rules and Regulations providing for disqualification, an Athlete, Team Official, team member or any other individual may have their accreditation withdrawn and/or be disqualified from any Event(s) or Competition(s) by WPPO, if, in the reasonable opinion of WPPO, they:
 - 7.1.2.1 contravene the spirit of fair-play or obstruct any Technical Officials in their official duties;
 - 7.1.2.2 behave in a manner which may actually or potentially bring into disrepute WPPO, the IPC, any International Federation and/or the LOC; or

- 7.1.2.3 breach any protocol or procedure put in place by an LOC and/or WPPO for an Event or Competition (for example in relation to the health, safety or security of Athletes, including any protocol put in place in relation to the coronavirus pandemic).

7.2 Disciplinary action

- 7.2.1 Further disciplinary action, including in relation to situations that are not covered by these Rules or Regulations, may be taken against any individual bound by these Rules and Regulations on a case-by-case basis by WPPO and/or Technical Delegate, in consultation with WPPO. Further action(s) may be taken at WPPO' discretion.

8 Protests and Appeals

8.1 Lift attempt

- 8.1.1 Protests relating to a No lift attempt decision shall be determined in accordance with the Lift Challenge Rule (LC).

8.2 Anti-Doping

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

8.3 Classification

- 8.3.1 Protests and appeals relating to Classification shall be determined in accordance with the WPPO Classification Rules and Regulations.

9 Officials, Venues and Solidarity

9.1 Technical Officials and Classifiers

- 9.1.1 All WPPO Recognised Competitions must have certified and licensed WPPO Technical Officials (and Classifiers if international Classification is taking place at the Competition) to oversee all technical and classification matters respectively, to ensure that the Competition is run in accordance with these Rules and Regulations.
- 9.1.2 In order to be a certified and licensed WPPO Technical Official or Classifier, the respective pathway must be followed and the respective requirements must be met, as determined by WPPO.
- 9.1.3 The number of Technical Officials appointed to each Recognised Competition may be in accordance with the table of requirements and Competition designation as outlined in **Appendix 2**.
- 9.1.4 Technical Officials who have any other active role or any involvement with a competing NPC (e.g., coach, NPC delegate or Athlete) will not be appointed as a Referee or Jury member in that specific Event.
- 9.1.5 All detailed information about the specific roles, responsibilities, pathway, appointments, and rules specific to Technical Officials is provided in **Appendix 3**.

9.2 Team Official

- 9.2.1 A Team Official must possess the necessary qualifications and insurance to fulfil their role, considering the importance of the Athletes' welfare, health and safety, as determined by the relevant NPC.
- 9.2.2 The Team Official must wear a uniform compliant with the terms of **Appendix 4**.

9.3 Technical Meeting

- 9.3.1 A Technical Meeting (face to face or virtual) with up to two (2) Team Officials from each participating NPC must take place for all Recognised Competitions a minimum of one (1) day prior to the start of the Competition.
- 9.3.2 The Technical Meeting will be delivered in English and the following matters may be addressed:
 - 9.3.2.1 Roll call;
 - 9.3.2.2 Outcome of the entry verifications;
 - 9.3.2.3 Confirmation of Bodyweight change requests;
 - 9.3.2.4 Competition schedule overview;
 - 9.3.2.5 Anti-doping information;
 - 9.3.2.6 Protocol information (e.g., ceremonies);
 - 9.3.2.7 Logistical information (e.g., transportation, meals, departures, etc.);
 - 9.3.2.8 Warm-up pass distribution;
 - (a) The Warm-up pass may also be distributed during the Weigh-in Process;
 - 9.3.2.9 Sale of Lift Challenge cards for Power; and
 - 9.3.2.10 Any other business/questions

9.4 Venue Requirements

- 9.4.1 All Recognised Competitions must be hosted in venues meeting the requirements outlined in **Appendix 5**.

9.5 Equipment Requirements

- 9.5.1 All Recognised Competitions must be hosted using only equipment from approved WPPO suppliers. The detailed requirements for all Para powerlifting equipment per discipline and per level of Recognised Competition as well as the list of WPPO approved suppliers is outlined in **Appendix 6**.

9.6 Scoring System Requirements

- 9.6.1 All Recognised Competitions must be hosted using an approved scoring system, as outlined in **Appendix 7**.
- 9.6.2 The WPPO scoring system is composed of the following:
 - 9.6.2.1 On Venue Results (OVR)
 - a) Para Sports Results and Information Services (PARIS), with the exception of

the Paralympic Games, Commonwealth Games and Parapan American Games where their specific Paralympic Results Information System (PRIS), in the Commonwealth Results & Information Services (CRIS) and in the Parapan American Games (PRIS) information services must be used; must be used;

b) Scoreboard

9.6.2.2 Timing and Scoring System (T&S)

a) Attempt board

9.6.2.3 Para Powerlifting Competition and Operations Management System (PowerCOMS)

a) Referee device

b) Jury device

c) Electronic Marshall (eMarshall)

d) Lift Challenge device

e) Lift Educational Video Database (LiftED)

9.6.2.4 Lift Video Replay System (LiftVRS)

a) Video replay console

b) Video replay tablets

9.7 Solidarity

9.7.1 Funds collected from bodyweight changes and Lift Challenges fees will be invested into anti-doping education and to support developing NPCs to enter athletes into WPPO Recognised Competitions.

Section B: WPPPO Rules

Section B1 – Power

10 Power Rules

10.1 Power – Description

- 10.1.1 The Power discipline of the sport of Para Powerlifting represents the ultimate test of upper body strength with Athletes competing in the bench press.
- 10.1.2 The Power discipline is open to female and male Rookie, Next Gen, Elite and Legend, Athletes with one (1) or more of the eight (8) Eligible Impairments who compete in one (1) Sport Class, as defined in the WPPPO Classification Rules and Regulations, in ten (10) different Bodyweight Categories per gender.

10.2 Objective

- 10.2.1 Competitors must lower the bar to their chest, stop on the chest and then press it upwards to arms-length with locked elbows. Athletes are given three (3) attempts and the winner is the Athlete who lifts the heaviest attempt.

10.3 Bodyweight Categories

- 10.3.1 WPPPO Competitions may comprise the following Bodyweight Categories

Gender	Category	Minimum Bodyweight (kg)	Maximum Bodyweight (kg)
Women	Up to 41.0 kg	-	41.0
	Up to 45.0 kg	41.1	45.0
	Up to 50.0 kg	45.1	50.0
	Up to 55.0 kg	50.1	55.0
	Up to 61.0 kg	55.1	61.0
	Up to 67.0 kg	61.1	67.0
	Up to 73.0 kg	67.1	73.0
	Up to 79.0 kg	73.1	79.0
	Up to 86.0 kg	79.1	86.0
	Over 86.0 kg	86.1	-
Men	Up to 49.0kg	-	49.0
	Up to 54.0 kg	49.1	54.0
	Up to 59.0 kg	54.1	59.0
	Up to 65.0 kg	59.1	65.0
	Up to 72.0 kg	65.1	72.0
	Up to 80.0 kg	72.1	80.0
	Up to 88.0 kg	80.1	88.0
	Up to 97.0 kg	88.1	97.0

Gender	Category	Minimum Bodyweight (kg)	Maximum Bodyweight (kg)
	Up to 107.0 kg	97.1	107.0
	Over 107.0 kg	107.1	-

10.4 Overview of Technical Officials' Responsibilities in Competition

Position	Description of Responsibilities
International Federation Delegate (IFD)	<ul style="list-style-type: none"> Is in charge of the planning and delivery of the entire Competition. Has the highest authority over the Competition. Be appointed and / or act on behalf of WPPO at the Competition.
Competition Director (CD)	<ul style="list-style-type: none"> Oversee the entire Competition in liaison with the LOC, ED and TD Provide best practices in key areas of competition management and venue operational standards and report to the IF Delegate. Be appointed and / or act on behalf of WPPO at the Competition.
Event Director (ED)	<ul style="list-style-type: none"> Oversee the entire Event in liaison with the CD and TD. Provide best practices in key technical areas of competition and operational standards and report to the IF Delegate. Be appointed and / or act on behalf of WPPO at the Competition.
Technical Delegate (TD)	<ul style="list-style-type: none"> Provide technical advice. Monitor that the technical operations are conducted in accordance with the Technical Rules and Regulations throughout the entire Event. Act as the leader for the appointed Technical Officials for the Competition. Sign the Final Results for each Event.
Chief Referee (CR)	<ul style="list-style-type: none"> Lead the Bodyweight Category(ies) and ensure all actions on the FOP comply with these Rules. Ensure the equipment and FOP is clean, organised and safe. Lead the Spotter Loaders. Say the “start” and “rack” commands. Judge the lift according to the lift sequences from the required position and/or during the Lift Challenge (if the respective format is used). Raise any errors and make the final decision on the outcome.
Side Referees: Left (LR) Right (RR)	<ul style="list-style-type: none"> Judge the lift according to the lift sequences from the required position and/or during the Lift Challenge (if the respective format is used). Raise any errors.
Jury (J1, J2 and J3)	<ul style="list-style-type: none"> Judge the lift according to the lift sequences from the required position and their decision will count only if a Lift Challenge is raised (if the respective format is used).
Weigh-in Official (Chief and	<p>Chief</p> <ul style="list-style-type: none"> Lead the Weigh-in process.

Position	Description of Responsibilities
Assistant)	<ul style="list-style-type: none"> ▪ Verify the Athlete’s identification. ▪ Record the Athlete’s bodyweight. ▪ Record the confirmed starting weight and rack height. ▪ Sign the Weigh-in List after the Weigh-in process is complete. <p>Assistant</p> <ul style="list-style-type: none"> ▪ Call the Athlete’s order and bodyweight. ▪ Verify the Weigh-in list.
Kit Check Official (Chief and Assistant)	<ul style="list-style-type: none"> ▪ Examine each Athlete’s personal uniform and equipment is compliant with these Rules and Appendix 4 during the warm-up process.
Marshall (M)	<ul style="list-style-type: none"> ▪ Accept and verify the Athlete’s attempt changes. ▪ Provide approval if a Record attempt is requested. ▪ Provide approval if a Power Lift attempt is requested.
Announcer (A)	<ul style="list-style-type: none"> ▪ Announce all messages according to Appendix 8. ▪ May control the Athlete’s lift attempt time.
Technical Controller (TC) (Chief, Assistants)	<p>Chief</p> <ul style="list-style-type: none"> ▪ Lead the assistant Technical Controllers. ▪ Brief the Side Referees and Jury on the Athletes’ classification notes. ▪ Ensure the equipment and warm-up area and call area are clean, organised and safe. ▪ Examine each Athlete’s personal uniform and equipment is compliant with these Rules and Appendix 4 in the call area before entering to the FOP.s. ▪ Manage the access of proper Athletes and Team Officials in the warm-up area and call area. ▪ Assist in calling the next Athletes to the Assistant Technical Controller 1 for their attempt. ▪ Support the Athlete and Technical Official presentation and victory ceremonies. <p>Assistant (s)</p> <ul style="list-style-type: none"> ▪ Support the Chief Technical Controller. ▪ Control the Athlete and Team Official’s access to the FOP for their attempt during the Event. ▪ Examine each Athlete’s personal uniform and equipment is compliant with these Rules before they enter the FOP for their attempt.
LiftED and LiftVRS Operator	<ul style="list-style-type: none"> ▪ Manage the LiftVRS process and LiftED.

Position	Description of Responsibilities
Spotter Loaders	<ul style="list-style-type: none"> ▪ Load and unload the bar with discs according to Appendix 9. ▪ Keep the equipment and FOP clean, organised and safe. ▪ Follow the path/movement of the Athletes' lift and helping only if the Chief Referee or Athlete requests so. ▪ Help the Athlete take the bar out of the racks before the lift when asked by the Athlete and back after the "rack" command or when help is requested. ▪ The Team Official may perform the activity of helping the Athlete take the bar out of the racks if requested and approved by the TD in the warm-up period.

10.4.1 The detailed responsibilities and processes of each Technical Official role are listed in **Appendix 3**.

10.4.2 For an Individual medal Event, and each of the Team Event and Mixed Team Event phases, the Referees may be randomly drawn via the T&S system ensuring the following:

10.4.2.1 Each Technical Official is certified level one (1) or two (2);

10.4.2.2 There is no more than one (1) Technical Official from the same country.

11 Age Groups

11.1 Age Groups Description

11.1.1 11.1 Four (4) age groups are recognised in all Recognised Competitions.

Age Group	Minimum Age	Maximum Age
Rookie	15	17
Next Gen	18	20
Elite	15	-
Legend	45	-

11.2 All ages are by 31 December of the year of the Recognised Competition.

12 Entries

12.1 Individual Event

12.1.1 At Recognised Competitions, there is no maximum number of entries per gender, Bodyweight Category and age group per NPC, unless otherwise specified in the qualification regulations or other entry requirements for that Competition.

12.1.2 An Athlete may only register to one (1) Bodyweight Category during a Competition.

- 12.1.3 When a Competition does not offer a specific day for different age groups (e.g., at a World Cup), the Athlete will be automatically entered in the single or multiple age group(s) based on their age.

12.2 Individual Event Changes

- 12.2.1 At all Recognised Competitions with the exception of Games, Athletes will have the opportunity to change Bodyweight Categories during the entry verification process, either up or down one (1) Bodyweight Category from the category nominated at the time of the final entry deadline.
- 12.2.2 Only one (1) change per Athlete is accepted and must be requested during the allocated time of the entry verification process. A fee of one hundred Euro (€100) will be charged for each requested change and must be paid immediately to WPPO during the entry verification process for the change to be accepted. The new Bodyweight Category is accepted only upon payment and is considered final.

12.3 Individual Event Category Viability

- 12.3.1 At all Recognised Competitions except IPC Games, a medal Event will be considered viable when the below minimum Athlete numbers apply per Bodyweight Category:
- 12.3.1.1 **One (1) Athlete:** When there is one (1) Athlete in a single Bodyweight Category, they must lift equal to or more than the respective level MS for that Bodyweight Category.
- 12.3.1.2 **Two (2) Athletes:** When there are two (2) Athletes in a single Bodyweight Category, the Event is viable for 2 Medals (Gold and Silver).
- 12.3.1.3 **One (1) or two (2) Athletes:** When the total number of Athletes is one (1) or two (2) in more than one (1) Bodyweight Category per gender, then combined categories may be formed at the discretion of WPPO to consist of two (2) or more Athletes; the coefficient formula (CF) will be used.
- 12.3.1.4 **Three (3) or more Athletes:** When there are three (3) or more Athletes in a single Bodyweight Category, the Event is viable as normal.
- 12.3.2 The final viable medal Events for all Recognised Competitions will be determined in consultation with the LOC, TD and WPPO prior to and/or after the Technical Meeting. MS weights can be found in **Appendix 10**.
- 12.3.3 The IPC's medal Event criteria apply to IPC Games.

12.4 Team Event

- 12.4.1 At Recognised Competitions, one (1) Team Event will be viable per gender in the Elite age group under the following conditions:
- 12.4.1.1 There must be a minimum of two (2) competing teams, two (2) of which may be from the same NPC.
- 12.4.1.2 Teams must consist of three (3) Athletes from the same NPC and same gender.
- 12.4.1.3 Each of the three (3) Athletes that comprise a team may be from different Bodyweight Categories.

- 12.4.1.4 Each NPC is permitted to enter a maximum of three (3) teams per Team Event and gender.
- 12.4.1.5 Athletes entered in a Team Event may also be entered in an individual medal Event or may be additional Athletes.
- 12.4.1.6 Athletes entered in a Team Event may be from all age groups.
- 12.4.1.7 Teams can be withdrawn until the Entry Verification Process, after that the withdraw Team (s) will have a penalty fee of one hundred Euros (€100). Full payment must be paid immediately to WPPO upon request the withdraw team

12.5 Mixed Team Event

- 12.5.1 At Recognised Competitions only, one (1) Mixed Team Event will be viable in the Elite age group under the following conditions:
 - 12.5.1.1 There must be a minimum of two (2) competing teams, two (2) of which may be from the same NPC.
 - 12.5.1.2 Teams must consist of three (3) Athletes from the same NPC, with at least one (1) of each gender.
 - 12.5.1.3 Each of the three (3) Athletes that comprise a team may be from different Bodyweight Categories.
 - 12.5.1.4 Each NPC is permitted to enter a maximum of three (3) teams.
 - 12.5.1.5 Athletes entered in a Mixed Team Event may also be entered in an individual Event or may be an additional Athlete.
 - 12.5.1.6 Athletes entered in a Mixed Team Event may be from any age group.

12.6 Team and Mixed Team Event Changes

- 12.6.1 At all Recognised Competitions, NPCs will have the opportunity to change the Athletes in the Team and Mixed Team Event during the entry verification process.
- 12.6.2 All three (3) Athletes may be changed once (1) and must be requested during the allocated time of the entry verification process. No fee will be charged for each requested change.

12.7 Combined Team and Mixed Team Event

- 12.7.1 For all Team and Mixed Team Events, NPCs will have the opportunity to mix athletes from different NPCs and bodyweight categories to form and compete as the International Teams.

13 Lot Number

13.1 Individual Event

- 13.1.1 At Recognised Competitions, the Lot Number will be allocated to each Athlete according to the 2022 to 2024 World Ranking List per Bodyweight Category (and for Games according to the Qualification Ranking List) in ascending ranking position. (e.g., an Athlete Rank first (1st) will receive Lot Number one (1) and so on).

- 13.1.2 The Lot Number will be allocated per each medal Event based on the Athlete rank position at the moment of the entries by name deadline.
- 13.1.3 If an Athlete or multiple Athletes switch Bodyweight Category to a category in which they do not hold a ranking, the Lot Number will be allocated randomly with the remaining of the Lot Numbers for that particular Bodyweight Category.
- 13.1.4 The Lot Numbers for all competing Athletes must be allocated after the end of the Technical Meeting.
- 13.1.5 The Lot Number will dictate the following:
 - 13.1.5.1 The order that Athletes will be allocated to groups in the case that two (2) or more Athletes have submitted the same first (1st) attempt confirmed during the Weigh-in, with the highest Lot Number going to the first competing group (e.g., Group B).
 - 13.1.5.2 The order that Athletes attend the Weigh-in, with the highest Lot Number going first.
 - 13.1.5.3 The order that Athletes complete their lift attempt in the case that two (2) or more Athletes have submitted the same weight for that attempt, with the highest Lot Number going first.
 - 13.1.5.4 In a combined category, the order that Athletes complete their lift attempt in the case that two (2) or more Athletes have submitted the same weight for that attempt and have the same Lot Number, the Athlete in the lighter Bodyweight Category going first.

13.2 Team and Mixed Team Event

- 13.2.1 At Recognised Competitions, the Lot Number will be allocated for each Event based on the order of registration during the final entries by name deadline.
- 13.2.2 The Lot Number will dictate the following:
 - 13.2.2.1 The order that Athletes attend the Weigh-in, with the highest Lot Number going first.
 - 13.2.2.2 The order that Athletes complete their lift attempt in the case that two (2) or more Athletes have submitted the same weight for that attempt, with the highest Lot Number going first.

14 Categories and Groups

14.1 Individual Event

- 14.1.1 At Recognised Competitions, Athletes may compete and/or be awarded medals in a single Bodyweight Category or combined categories as detailed below:
 - 14.1.1.1 **Single Bodyweight Category:** A single Bodyweight Category per gender, with medals awarded in following formats:
 - a) **1 Athlete:** Medal will be awarded by MS (when there is one (1) athlete in a single bodyweight category), and they lift equal to or more than the respective level MS for that bodyweight category as published in the

- competition information package (Gold);
- b) 2 Athletes:** Medals will be awarded (Gold and Silver);
- c) 3 or more Athletes:** All medals will be awarded (Gold, Silver, Bronze).

14.1.1.2 Grouping Categories: May be multiple viable Bodyweight Categories per gender in anyone (1) Event, with medals awarded in following format:

- a) 1 Athlete:** Medal will be awarded by MS (when there is one (1) Athlete in a single bodyweight category), and they lift equal to or more than the respective level MS for that bodyweight category as published in the competition information package (Gold);
- b) 2 Athletes:** Medals will be awarded (Gold and Silver);
- c) 3 or more Athletes:** All medals will be awarded (Gold, Silver, Bronze).

14.1.1.3 Combined Categories: May be multiple combined viable Bodyweight Categories per gender in anyone (1) Event, with medals awarded in following format:

- a) Coefficient Formula:** The medals will be calculated using CF points at the discretion of WPPO (i.e., when the total number of athletes is one [1] or two [2] in more than one [1] bodyweight category, then combined categories can be formed).

14.2 Individual Event Groups

14.2.1 At Recognised Competitions, when there are eleven (11) or more Athletes competing in a single Bodyweight Category or combined categories, then groups will be formed with a minimum of five (5) Athletes per group.

14.2.2 Groups are formed with Athletes with lightest first (1st) attempt (confirmed at the Weigh-in) forming the first group, with progressively heavier attempts forming subsequent groups.

14.2.3 Groups are labelled descending alphabetically (e.g., D, C, B and A).

14.2.4 Groups are formed as equally as possible (in terms of number of Athletes), with the exception of group A, which will be formed of six (6) Athletes, unless WPPO determines otherwise.

14.2.5 If there is an odd number of groups, the first competing group (descending alphabetically) will have the larger number of Athletes.

14.2.6 If an odd number of Athletes request the same first (1st) attempt (confirmed at the Weigh-in) the Athlete with highest Lot Number will be allocated to the first competing group (descending alphabetically).

14.2.7 In a combined category, in case that two (2) or more Athletes have requested the same first (1st) attempt (confirmed at the Weigh-in) and/or have the same Lot Number, the Athlete in the lightest Bodyweight Category will go to the first competing group.

14.2.8 At the discretion of the TD and WPPO in exceptional circumstances, if it is necessary for a group to be formed of fewer than five (5) Athletes, then three (3) minutes additional recovery time will be calculated and added at the end of Round one (1) and two (2).

14.2.9 The final groups are set after the Weigh-in.

14.3 Team and Mixed Team Event Groups

14.3.1.1 At Recognised Competitions, when there are more than five (5) teams or mixed team competing in the heats phase then two (2) groups may be formed to create a maximum of five (5) teams per group.

14.3.1.2 Groups are formed with a draw after the Technical Meeting.

14.3.1.3 Groups are labelled descending alphabetically (e.g., B and A).

14.3.1.4 Groups are formed as equally as possible (in terms of number of teams). If there is an odd number of groups, Group B will have the larger number of teams.

15 Weigh-in

15.1 Weigh-in process

15.1.1 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.

15.1.2 For Individual, Team and Mixed Team Events, each Athlete must attend the Weigh-in process in a designated, private area with the Technical Officials matching the same gender of the Athlete.

15.1.3 Unless determined otherwise by WPPO, the Weigh-in process may occur up to one (1) day before the Event day of the respective Bodyweight Category, combined categories, Team and Mixed Team Event.

15.1.4 The Weigh-in process is completed in descending order of Lot Number from highest to lowest. For the Team and Mixed Team Event, the Weigh-in process is completed first by women, then by men if only one (1) Weigh-in area is available.

15.1.5 During the Weigh-in, the Athlete or the Team Official must confirm the 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 the Team Official and then signed and retained by the Weigh-in official.

15.1.6 Each Athlete may attend with one (1) Team Official.

15.1.7 If an Athlete does not present to the Weigh-in in the scheduled time and/or with a form of identification, they will be disqualified (DSQ) from the Event.

15.1.8 The Athlete must weigh-in wearing sport underclothing (men: underpants; women: underpants and sport bra) compliant with the Athlete Uniform and Personal Equipment Rules. Athletes are allowed to remove their underclothing to ensure they reach the minimum or maximum of the Bodyweight category parameters. Athletes with prosthesis or any supportive device must remove them during the Weigh-in.

- 15.1.9 Random Weigh-ins of the Athletes may take place in the day of the Event in advance of the warm-up for the specific Bodyweight Category at the discretion of WPPO. Should an Athlete weigh outside, above or below, of a percentage of their specific Bodyweight Category (published in the corresponding Competition information package), they will be disqualified (DSQ) from the Event.

15.2 Individual Event

- 15.2.1 The Weigh-in process will be scheduled by Bodyweight Category or combined categories and will be calculated in accordance with the number of final entries, from a minimum of twenty (20) minutes to a maximum of ninety (90) minutes, using the calculation of four (4) minutes average per Athlete.
- 15.2.2 An Athlete may only be weighed-in once (1), with the exception if an Athlete who is lighter or heavier than the necessary Bodyweight Category parameters may be weighed-in again as often as time allows, only after all other Athletes in the Event have completed their Weigh-in.
- 15.2.3 An additional twenty (20) mins may be added to the Weigh-in process if Athletes still have not made the necessary weight.
- 15.2.4 If an Athlete does not make the necessary Bodyweight Category parameters by the end of the Weigh-in process the athlete will be disqualified (DSQ) from the Event.

15.3 Team and Mixed Team Event

- 15.3.1 The Weigh-in process will be calculated in accordance with the number of final entries from a minimum of thirty (30) minutes to a maximum of ninety (90) minutes.
- 15.3.2 An Athlete will only be weighed-in once (1). No additional time will be added to the Weigh-in process.
- 15.3.3 The bodyweights for Athletes competing in the Team and Mixed Team Events may be taken from their Individual or Team Events at the discretion of WPPO.
- 15.3.4 During the Weigh-in, the team or mixed team must submit:
- 15.3.4.1 Lifting order of the Athletes, rack height and weight and;
- 15.3.4.2 Lift attempt for the first (1st) Athlete .

16 Athlete Uniform and Personal Equipment

16.1 General rules concerning the uniform and personal equipment

At Recognised Competitions, all Athletes must wear/use at the competition area (warm-up, call area and FOP) lifting suit and bench straps exclusively from WPPO Approved Suppliers, complying with the Rules in this section and in **Appendix 4**.

- 16.1.1 Any uniform items that are not explicitly outlined may not be worn for safety purposes (e.g., earrings, hats, wristwatches, rings, etc.).
- 16.1.2 As a minimum, the Athlete must wear a lifting suit, sport shoes and socks (if exceptional circumstances exist based on the impairment type and/or health condition, it must be approved in Classification).

16.2 Lifting Suit

- 16.2.1 One (1) lifting suit must be worn by the Athlete, complying with the following Rules.
 - 16.2.1.1 Must be one (1) piece;
 - 16.2.1.2 Must be cotton, elastane, polyester, nylon or a combination of each;
 - 16.2.1.3 Must be a one (1) layer/thickness with the exception of the hem (two (2) layers permitted);
 - 16.2.1.4 Must not have any alterations or enhancements from the manufacturer design such as reinforced seams, angling of sleeves, exterior ribbed material, additional patches, padding, support, pockets, buttons, collars or zippers;
 - 16.2.1.5 Must be form fitting on the Athlete's body;
 - 16.2.1.6 Must include shoulder straps or sleeves;
 - 16.2.1.7 If a sleeved model, must not have sleeves that extend beyond the deltoid tuberosity (midpoint of deltoid).

16.3 Shirt

- 16.3.1 One (1) round neck shirt may optionally be worn by the Athlete under the lifting suit, complying with the following Rules:
 - 16.3.1.1 Must be a one (1) layer/thickness with the exception of the hem (two (2) layers permitted)
 - 16.3.1.2 Must be cotton, polyester, nylon or a combination of each
 - 16.3.1.3 Must not have any alterations or enhancements from the manufacturer design such as reinforced seams, angling of sleeves, exterior ribbed material, additional patches, padding, support, pockets, buttons, collars or zippers
 - 16.3.1.4 Must be form fitting on the Athlete's body
 - 16.3.1.5 Must not have sleeves that extend beyond the deltoid tuberosity (midpoint of humerus)

16.4 Underpants

- 16.4.1 One (1) set of underpants may be worn by the Athlete underneath the other uniform items. It must comply with the following Rules:
 - 16.4.1.1 Must be form fitting on the Athlete's body
 - 16.4.1.2 Must not be longer than the lifting suit legs or cover the knees
 - 16.4.1.3 Must be a one (1) layer/thickness with the exception of the hem (two (2) layers permitted)
 - 16.4.1.4 Must not have any alterations or enhancements from the manufacturer design such as reinforced seams, angling of legs, exterior ribbed material, additional patches, padding, support, pockets, buttons, collars or zippers

16.5 Other Outfit

- 16.5.1 One (1) additional unitard or pair (2) of sleeves may be worn by the Athlete underneath the lifting suit and / or touching the t-shirt. It may cover the elbows and/or the knees. It must comply with the following Rules:
 - 16.5.1.1 Must be any one (1) colour except black, with no pattern or design, with the exception of the manufacturer identification;
 - 16.5.1.2 Must be a one (1) layer/thickness with the exception of the hem (two (2) layers permitted);
 - 16.5.1.3 Must not have any alterations or enhancements from the manufacturer design such as reinforced seams, angling of sleeves or legs, exterior ribbed material, additional patches, padding, support, pockets, buttons, collars or zippers;
 - 16.5.1.4 Must be form fitting on the Athlete's body, specifically over the Athlete's elbows;
 - 16.5.1.5 If the unitard option, it may be one (1) or two (2) pieces with the separation between the upper and lower body, and may be worn individually or together;
 - 16.5.1.6 If the sleeve option, only one (1) sleeve may be worn on each arm.

16.6 Sport Shoes and Socks

- 16.6.1 One (1) pair of sport shoes and socks must be worn by the Athlete. If exceptional circumstances exist based on the impairment type and/or health condition, it must be approved in Classification.

16.7 Sport Bra

- 16.7.1 One (1) sport bra may be worn by the Athlete underneath the lifting suit, shirt and other outfit, complying with the following Rules:
 - 16.7.1.1 Must not have any stiffening, wiring, padding, velcro straps or alterations or enhancements such as reinforced seams, exterior ribbed material, additional patches, padding, support, pockets, buttons, collars or zippers
 - 16.7.1.2 Must be completely flat when placed on a table

16.8 Head item

- 16.8.1 One (1) head item may be worn by the Athlete, complying with the following Rules:
 - 16.8.1.1 Must be any one (1) colour except black, with no pattern or design, with the exception of the manufacturer identification;
 - 16.8.1.2 Must be a one (1) layer/thickness with the exception of the hem (two (2) layers permitted);
 - 16.8.1.3 Must be completely flat when placed on a table;
 - 16.8.1.4 Must be form fitting on the Athlete's head and/or neckline;
 - 16.8.1.5 Must not have any stiffening, wiring, padding, or alterations or enhancements such as reinforced seams, exterior ribbed material, additional patches, padding, support, pockets, buttons, collars, zippers, sequins or jewellery;
 - 16.8.1.6 Must not cover the eyes, nose and mouth, or be worn below the collarbone.

16.9 Bench Straps

- 16.9.1 One (1) or two (2) bench straps may be used by the Athlete for additional stability, complying with the following Rules:
 - 16.9.1.1 Must be any one (1) colour with no pattern or design with the exception of the manufacturer design;
 - 16.9.1.2 Must have a length of minimum one hundred sixty (160) cm to a maximum two hundred twenty (220) cm;
 - 16.9.1.3 Must have a Velcro fastening;
 - 16.9.1.4 Must have a width of minimum seven and a half (7.5) cm to a maximum ten (10) cm;
 - 16.9.1.5 Must not have any additional padding, bracing, support or loops.
- 16.9.2 The bench straps must be used in the following way:
 - 16.9.2.1 Placed anywhere from the ankle joints to the hip joints
 - 16.9.2.2 If two (2) straps are being, must never overlap
 - 16.9.2.3 Must be placed by the Athlete or their coach with possible support from the Spotter Loaders
- 16.9.3 Exceptions for different impairment types and/or health conditions for placement (on, across and/or above the hip line) must be noted in classification documents.

16.10 Belt

- 16.10.1 One (1) belt may be worn by the Athlete over the lifting suit, t-shirt and other outfit, complying with the following Rules:
 - 16.10.1.1 Must have a main body made of leather, vinyl or other similar non-stretch material in one (1) or more laminations, which may be glued and/or stitched together
 - 16.10.1.2 Must not have any additional padding, bracing or support of material on the surface or within the laminations
 - 16.10.1.3 Must have a buckle with one (1) or two (2) prongs or a 'quick release' system, attached at the end of the belt by stitching and/or studs
 - 16.10.1.4 Must have a tongue loop attached close to the buckle by stitching and/or studs
 - 16.10.1.5 Must have a maximum width of twelve (12) cm
 - 16.10.1.6 Must have a maximum thickness of the main body of one and three tenths (1.3) cm

16.11 Wrist Wraps

- 16.11.1 One (1) wrist wrap on each wrist may be worn by the Athlete, complying with the following Rules:
 - 16.11.1.1 Must be made of commercially available materials
 - 16.11.1.2 Must not have a buckle for securing

- 16.11.1.3 May be a commercially available wrist wrap or bandage but not be a combination of the two (2)
- 16.11.1.4 Must have a maximum width and covered width of twelve (12) cm
- 16.11.1.5 Must have a maximum length of one hundred (100) cm
- 16.11.1.6 Must not extend twelve (12) cm below and two (2) cm above the centre of the wrist joint
- 16.11.1.7 May have Velcro patches and tabs for securing (“hook and loop”)
- 16.11.1.8 If the wrist wrap has a thumb or finger loop, it must not be used during the lift attempt

16.12 Plasters and Medical Tape

- 16.12.1 Plasters and/or medical tape must not be worn anywhere on the Athlete’s body, including the fingers, thumbs and hands, without official permission of the TD with the official medical personnel. Plasters and/or medical tape must only be used for medical purposes (e.g., injuries) and placed in a fashion that would not grant the Athlete an advantage.
- 16.12.2 Any other non-medical taping (e.g., physiological) is not permitted.

16.13 Mouthguard

- 16.13.1 One (1) mouthguard may be worn by the Athlete.

17 Kit Check

17.1 Kit Check process

- 17.1.1 Each Athlete must attend the Kit Check process before the Event.
- 17.1.2 The Kit Check process will occur before entering to the warm-up area in a specific area or in the warm-up area at their allocated bench.
- 17.1.3 The Kit Check process is completed in ascending order of the first (1st) attempt recorded at the Weigh-in, from lowest to highest of their respective group.
- 17.1.4 If an Athlete does not present to the Kit Check in the scheduled time and/or with a form of identification, they will be disqualified (DSQ) from the Event.
- 17.1.5 The Athlete must wear every uniform item and personal equipment that will be used during the Event in the Kit Check process if not they will be disqualified (DSQ) from the event.
- 17.1.6 For approval for the Event, all items and equipment must be in accordance with these Rules.
- 17.1.7 During the Event, if an Athlete is found to be wearing uniform items not presented and approved during the Kit Check process or the item is used to gain an unfair advantage (e.g., when worn by the Athlete, the item is too tight and provides an unfair advantage or is impeding the view of the Referee), it may be challenged by the Technical Controller or Referee. At the earliest opportunity, the TD shall then review the Athlete’s uniform and determine if the Athlete is disqualified (DSQ) from

the Event.

18 Warm-Up

18.1 General

- 18.1.1 In the Individual, Team and Mixed Team Events, one Team Official may perform the activity of helping the Athlete take the bar out of the racks if requested by the Team Official and approved by the TD in the warm-up period.
- 18.1.2 Benches will be allocated by the first (1st) attempt recorded at the Weigh-in, from lowest to highest of their respective group.
- 18.1.3 If there are more Athletes in a group than there are benches available in the warm-up area, all NPCs must respect each other and allow equal access to the benches to warm-up.
- 18.1.4 Any breach of this Rule 18 by an Athlete and/or coach may result in the removal of the warm-up pass and/or accreditation by WPPO and/or the TD.

18.2 Individual Event

- 18.2.1 Athletes will be allocated a reasonable warm-up time prior to the start of the Event.
- 18.2.2 The warm-up area will only be accessible to competing Athletes and their Team Official with presentation of the accreditation and warm-up pass.
- 18.2.3 The warm-up passes will enable a maximum of two (2) Team Officials per Athlete to enter the warm-up area when they have competing Athletes.
- 18.2.4 When Events have more than one (1) group of Athletes, the Athletes and Team Officials of the highest alphabetically ordered group that are competing first will have priority access to the benches in the warm-up area.
- 18.2.5 Once the Athletes of the first group leave the benches to complete their first lift attempt, they will go to and remain at the call area, and not return to the warm-up area. Afterwards, the next highest alphabetically ordered group will have access to the benches in the warm-up area.

18.3 Team and Mixed Team Event

- 18.3.1 Teams will be allocated a minimum period of forty (40) minutes of warm-up time prior to the start of the heats.
- 18.3.2 Between the heats, head-to-head, and Bronze and Gold Medal phases, teams will be allocated a minimum period of five (5) minutes of warm-up time.
- 18.3.3 Each team will be provided with two (2) team or mixed team warm-up pass to access the warm-up area.
- 18.3.4 The warm-up area will only be accessible to competing Athletes and two (2) Team Officials with presentation of the accreditation and warm-up pass.

19 Athlete and Technical Official Introduction

19.1 Introduction Process

- 19.1.1 The Athlete and Technical Official presentations must be conducted according to

the requirements outlined in **Appendix 11**.

20 Individual Event

20.1 Individual Event Process

- 20.1.1 The Event will begin after the warm-up as stated on the Competition schedule by descending group.
- 20.1.2 Athletes will have one (1) lift attempt in three (3) distinct Rounds in the Event.
- 20.1.3 During the three (3) Rounds as well as the Power Lift, the Athlete may only request a lift attempt that is a multiple of a full kilogram (one (1) kg):
 - 20.1.3.1 If a lift attempt is a “No Lift”, the Athlete may request the same weight in the next Round.
 - 20.1.3.2 If the lift attempt is a “Good Lift”, the Athlete must raise the weight by a minimum of one (1) kilogram in the next Round.
- 20.1.4 During the Event, the Athlete will have two (2) minutes from when their full name is announced in English to receive the start command. If the Athlete is required to complete their lift attempt immediately after their previous lift attempt, three (3) minutes will be allocated for their next lift attempt.
- 20.1.5 The Athlete may be accompanied to the bench by one (1) Team Official. The Team Official may assist the Athlete getting on and off the bench and strapped. During the lift attempt, the Team Official must remain in the designated coach area.
- 20.1.6 After the completion of the lift attempt and the display of the lift decision, the Athlete and Team Official must leave the bench and lifting area as soon as possible.
- 20.1.7 Athletes compete within groups as determined after the Weigh-in. Within the groups, the Athletes compete from lightest to heaviest lift attempt weight in each Round. If the lift attempt is the same for two (2) or more Athletes, the Athlete with the highest Lot Number will lift first (1st).
- 20.1.8 In case of temporary suspension of the Event, the Athletes will be allocated a minimum of forty (40) minutes warm-up period and the Event and scoreboard will continue as it was before the suspension.

20.2 Rounds and Lift Attempt Changes

20.2.1 Round 1

- 20.2.1.1 The starting lift attempt weight for Round 1 is confirmed during the Weigh-in. It must be a minimum of twenty-five (25) kgs.
- 20.2.1.2 One (1) change is allowed, either:
 - a) Lower to a maximum of ten (10) kilograms less than the original lift attempt (but not below twenty-five (25) kgs); or
 - b) Higher to a maximum of ten (10) kilograms.
- 20.2.1.3 Athletes competing in the first (1st) or only group may make their one (1) change from thirty (30) minutes before the start of the Event until five (5) minutes before the start of the first Round.

- 20.2.1.4 Subsequent groups in the same Events and Bodyweight Category may make their one (1) change from thirty (30) minutes before the start of their group until five (5) minutes before the start of their first Round, by requesting this to the Marshall.
- 20.2.1.5 This change must be made by the Athlete or their Team Official on the attempt card.
- 20.2.1.6 The group of Athletes will remain by the starting (first) lift attempt weight confirmed in the Weigh-in but the lifting order in each group will update with any changes made in the warm-up by the deadline.
- 20.2.2 **Round 2**
- 20.2.2.1 The initial lift attempt for Round 2 must be requested to the Marshall within one (1) minute of the lift decision of the Referee from Round 1 being displayed. This selection must be made by the Athlete or their Team Official on the attempt card.
- 20.2.2.2 It must be a weight increase, unless a “No Lift” was recorded by that Athlete in Round 1, in which case the weight may be the same as the weight attempted by that Athlete in Round 1.
- 20.2.2.3 If no attempt is requested and the lift decision was a “Good Lift” in Round 1, then the attempt for Round 2 shall automatically be one (1) kg more than the Athlete’s attempt in Round 1.
- 20.2.2.4 If no attempt is requested and the lift decision was “No Lift” in Round 1, then the attempt for Round 2 shall automatically be the same as the Athlete’s attempt in Round 1.
- 20.2.3 **Round 3**
- 20.2.3.1 The initial lift attempt for Round 3 must be requested to the Marshall within one (1) minute of the lift decision of the Referee from Round 2 being displayed. This selection must be made by the Athlete or their team official on the attempt card.
- 20.2.3.2 It must be a weight increase, unless a “No Lift” was recorded by that Athlete in Round 2, in which case the weight may be the same as the weight attempted by that Athlete in Round 2.
- 20.2.3.3 If no attempt is requested and the lift decision was a “Good Lift” in Round 2, then the attempt for Round 3 shall automatically be one (1) kg more than the Athlete’s attempt in Round 2.
- 20.2.3.4 If no attempt is requested and the lift decision was a “No Lift” in Round 2, then the attempt for Round 3 shall automatically be the same as the Athlete’s attempt in Round 2.
- 20.2.3.5 Two (2) changes are allowed only under the following conditions:
- a) If the Announcer has not called the full Athlete name in English to start their lift attempt; or

- b) the requested weight is not equal to or lower than any lift attempt already completed (either “Good Lift” or “No Lift”) by another Athlete in Round three (3) who would have gone before due to Lot Number;
 - c) the requested weight is not lower than the weight attempted in Round two (2) by that Athlete; or
 - d) higher to no limit.
- 20.2.4 Throughout the Event, the Athlete and/or their Team Official may change their rack height at any time through the Marshall only.

21 Team and Mixed Team

21.1 Team and Mixed Team Process

- 21.1.1 The Event will begin after the warm-up as stated on the Competition schedule by descending group and by phase.
- 21.1.2 The Event consists of three (3) phases based on the number of entries:
 - 21.1.2.1 Heats
 - 21.1.2.2 Head-to-Head Matches
 - 21.1.2.3 Bronze and Gold Matches
- 21.1.3 If there are two (2) teams, teams will compete in the Gold Match.
- 21.1.4 If there are three (3) teams, teams will compete in the Heat Phase and the top two (2) ranked teams will advance to the Gold Match.
- 21.1.5 If there are four (4) teams, teams will compete in Head-to-Head Matches (allocated randomly); the top two (2) ranked teams will advance to the Gold Match and the two (2) lower ranked teams will advance to the Bronze Match.
- 21.1.6 In the heats, if there are six (6) or more teams, the number of groups and how four (4) teams will advance to the head-to-head matches will be confirmed during the Technical Meeting.
- 21.1.7 Once the top 4 ranked teams from the Heats is set, the computer will automatically draw 2 head-to-head matches (A & B) on the scoreboard. The head-to-head with the highest team Lot Number will compete 1st -Match B, immediately followed by Match A.
- 21.1.8 In the head-to-head matches, per match B and A, the one (1) top ranked team will advance to the Gold Match. The lower ranked team will advance to the Bronze Match.
- 21.1.9 In each phase, teams will have one (1) lift attempt in three (3) distinct Rounds. Each Athlete will lift once (1) in the Round identified by their Team Official.
- 21.1.10 After the heats and head-to-head phase, teams have up to two (2) minutes before the Round start time to submit the order of Athletes, lift attempt and rack height for the first (1st) Athlete only. Failure to submit the order of the Athletes will result in the order being randomly selected.

- 21.1.11 During the three (3) Rounds, the Athlete may only request a lift attempt that is a multiple of a full kilogram (one (1) kg). If a team fails to submit their attempt within the allocated time, twenty-five (25) kgs will be automatically selected.
- 21.1.12 During the Event, the Athlete will have two (2) minutes from when their full name is announced in English to receive the start command.
- 21.1.13 The Athlete may be accompanied to the bench by one (1) Team Official. The Team Official may assist the Athlete getting on and off the bench and getting strapped. During the lift attempt, the Team Official must remain in the designated coach area.
- 21.1.14 After the completion of the lift attempt and the display of the lift decision, the Athlete and Team Official must leave the bench and lifting area as soon as possible.
- 21.1.15 During the Event the Athletes compete from lightest to heaviest lift attempt weight in each Round. If the lift attempt is the same for two (2) or more Athletes, the Athlete with the highest Lot Number will lift first.

22 Chief Referee Commands

22.1 Start Command

- 22.1.1 When the Chief Referee is satisfied with the Athlete's body position within the lift attempt time limit, they will provide a start command and signal (audible "start" and visual downward movement of the extended arm) to alert the Athlete to begin their lift attempt.
- 22.1.2 The start command will not be given if one (1) or more of the body position elements are incorrect. The Left or Right Referee will raise their arm if they observe that one (1) or more of the body position elements are incorrect before the Chief Referee gives the start command.

22.2 Rack Command

- 22.2.1 When the Chief Referee is satisfied the Athlete has completed their lift attempt execution or it is believed the lift attempt will fail for safety reasons, they will provide a rack command and signal (audible "rack" and visual backward movement of the extended arm) to alert the Athlete and or the Spotter Loaders to place the bar on the racks.

23 Lift Executions

23.1 Good Lift Execution

- 23.1.1 The three (3) Referees will judge a "Good Lift" if the Athlete executes correctly all the following sequences*:
 - 23.1.1.1 **Body Position Sequence (Turquoise)**
 - a) The Athlete lies on the bench on their back and assumes the lifting position during the entire lift.
 - b) The Athlete's head, shoulders, buttocks, fully extended legs and heels (if applicable) remain on and touching the bench during the entire lift. The athlete may shake/slide on the bench as long as this does not change their starting position.

- c) The Athlete is strapped in accordance with Rule 16.9 set out in Athlete Uniform and Personal Equipment.
- d) All the fingers of the Athlete are wrapped firmly around the circumference of the bar with the thumbs on the opposite side of the other fingers during the entire lift.
- e) The spacing of the Athlete's hands is within eighty-one (81) cm from either forefinger as indicated by the markings on the bar.
- f) The bar is taken under control at arm's length with locked elbows, subject to any special medical conditions.
- g) The Athlete begins the lift after the start command is given.

23.1.1.2 **Down Sequence (Blue)**

- a) The bar is controlled (e.g. not dropped/hit the chest) throughout the movement during the eccentric/downwards movement of the bar.

23.1.1.3 **Stop Sequence (Orange)**

- a) The bar touches on the chest and remains static between the eccentric/downwards and concentric/upwards movement of the bar.
- b) The bar has stopped on the chest and does not sink into the chest before being pressed upwards.

23.1.1.4 **Press Sequence (Purple)**

- a) The bar is pressed upwards without unnatural support from several body parts (e.g., "pushing" or "thrusting" with the shoulders and /or chest to propel the bar upwards).
- b) The bar moves in an upward motion during the concentric/upwards movement of the bar.
- c) The bar is pressed with equally timed lock out of both arms and elbows.
- d) The Athlete puts the bar back onto the rack after the rack command is given by the Chief Referee.

- 23.1.2 *Any exceptions for different impairment types and/or health conditions must be noted in Classification documents. Any changes to the impairment type must be updated according to the Classification Rules and Regulations through a Medical Review Request.

23.2 **No Lift Execution**

- 23.2.1 The three (3) Referees will judge a "No Lift" if the Athlete executes fails to complete the "Good Lift" execution as set out in Rule 23.1 above, or if any of the following apply:

23.2.1.1 **Body Position Sequence (Turquoise)**

- a) The Athlete does not lie on the bench on their back and does not assume the lifting position during the entire lift.

- b) The Athlete's head, shoulders, buttocks, fully extended legs and heels (if applicable) do not remain on and touching the bench during the lift.
- c) The Athlete is not strapped in accordance with Rule 16.9 in Athlete Uniform and Personal Equipment.
- d) Any of the fingers of the Athlete are not wrapped firmly around the circumference of the bar with the thumbs on the opposite side of the other fingers during the entire lift.
- e) The spacing of the Athlete's hands exceeds the eighty-one (81) cm from either forefinger as indicated by the markings on the bar.
- f) The bar is not taken under control at arm's length with locked elbows, subject to any special medical conditions.
- g) The Athlete begins the lift before the start command is given.
- h) The Athlete does not start their lift within the lift time allowance;
- i) The Athlete does not receive the start command within the lift time allowance;

23.2.1.2 Down Sequence (Blue)

- a) The bar is not controlled (e.g. is dropped/hits the chest) throughout the movement during the eccentric/downwards movement of the bar.

23.2.1.3 Stop Sequence (Orange)

- a) The bar does not touch on the chest.
- b) The bar does not remain static between the eccentric/downwards and concentric/upwards movement of the bar.
- c) The bar has stopped on the chest and sinks into the chest before being pressed upwards.

23.2.1.4 Press Sequence (Purple)

- a) The Athlete fails to press the bar.
- b) The bar is pressed upwards with unnatural support from several body parts (e.g., "pushing" or "thrusting" with the shoulders and /or chest to propel the bar upwards).
- c) The bar does not move in an upward motion during the concentric/upwards movement of the bar.
- d) The bar is pressed without equally timed lock out of both arms and elbows.
- e) The Athlete puts the bar back onto the rack before the rack command is given by the Chief Referee.
- f) If the bar hits the racks during any time of the execution of the lift (even if was not intentionally).

- g) The attempt is determined unsuccessful during the lift (e.g., the Athlete is injured, the Athlete is unsafely struggling) and the Chief Referee provides a “rack” command.

23.3 Lift Decision

- 23.3.1 Once the bar has been placed in the racks, the three (3) Referees announce their collective decision by means of lights or flags.
- 23.3.1.1 A “Good Lift” is **constituted by two (2) or three (3) white lights/flags**.
- 23.3.1.2 A “No Lift” is constituted by two (2) or three (3) red lights/flags. Based on the T&S, one (1) or up to four (4) lights (turquoise, blue, orange and purple) “No Lift” sequences will be shown.

24 Lift Challenge

24.1 Lift Challenge Description

- 24.1.1 At IPC Games, WPPO Championships and Sanctioned Competitions where the Lift Video Review System (LiftVRS) is used, Athletes will have the opportunity to challenge only their own “No Lift” decision.
- 24.1.2 The Lift Challenge process must be initiated by the Athlete and/or the Team Official submitting a Lift Challenge card to the Lift Challenge card reader within one (1) minute of their lift decision displaying on the attempt board.
- 24.1.3 A Lift Challenge card must be requested during the allocated time specified in the information package at a cost of one hundred Euros (€100). Full payment must be paid immediately upon request of a Lift Challenge card.
- 24.1.4 Any purchased Lift Challenge cards retained by an Athlete or Team Official must be returned to the WPPO management before the close of that Competition in order to receive a full refund. Any Lift Challenge cards that are not returned in this timeframe will no longer be valid or eligible for a refund.
- 24.1.5 The Lift Challenge may take place in one (1) of the following formats, at the discretion of WPPO:
- 24.1.6 **Jury Challenge Format**
- 24.1.6.1 Each Jury member will judge the lift in real time from one (1) angle of the lift through the LiftVRS that matches the Referee position and provide a decision.
- 24.1.6.2 Only when a Lift Challenge is initiated, J1 will immediately check all the decisions that were made by each member of the Jury (J1, J2 and J3). This will occur without any need to suspend the Event, and the outcome of the challenge will be automatically displayed on the board, resulting in the outcomes below:
- a) **Lift Challenge is successful:** by unanimous decision, the three (3) Jury members judge the lift as a “Good Lift”. When a Lift Challenge is successful, the lift decision is overturned to “Good Lift” and the result and ranking is revised. The Lift Challenge card and fee will be returned.

- b) **Lift Challenge is unsuccessful:** if minimum one (1) of the Jury members judge the lift as a “No Lift”. When a Lift Challenge is unsuccessful, the lift decision remains as “No Lift”, and the Lift Challenge card and fee will be kept and provided to WPPO Management.

24.1.7 Referee Challenge Format

24.1.7.1 Only when a Lift Challenge is initiated, each Referee who initially judged a “No Lift” will review the lift in real time from their angle of the lift through the LiftVRS and provide a decision (against their original “No Lift” sequences only).

24.1.7.2 Only when a Lift Challenge is initiated, the Event is stopped for the Referees to review and provide a decision, and the outcome of the Lift Challenge will be automatically displayed on the board, resulting in the outcomes below:

- a) **Lift Challenge is successful:** by unanimous decision, the three (3) Referees judge the lift as “Good Lift”. When a Lift Challenge is successful, the lift decision is overturned to “Good Lift” and the result and ranking is revised. The Lift Challenge card and fee will be returned.
- b) **Lift Challenge is unsuccessful:** if minimum one (1) of the Referees judge the lift as “No Lift”. When a Lift Challenge is unsuccessful, the lift decision remains as “No Lift”, and the Lift Challenge card and fee will be kept and provided to WPPO Management.

24.1.8 The Announcer will announce the outcome of the Lift Challenge.

24.1.9 The outcome of the Lift Challenge process is final, and there will be no further opportunity to appeal this outcome.

24.1.10 Should there be a failure in the LiftVRS, the Chief Referee or Jury Member 1 respectively will communicate to the Athletes and Team Officials of the failure, and the Event shall continue with no Lift Challenges until the failure is resolved. If the LiftVRS’ failure is resolved, this will be communicated to the Athletes, and Lift Challenges will be allowed from that moment on.

25 Errors on the Field of Play

25.1 Errors on the FOP Description

25.2 During the Event, any of the errors below may occur and be raised by the Athlete, the Team Official, the Referees, the Jury, Marshall or the Technical Delegate only in relation to the Athlete’s current attempt, either before or after the lift attempt (within the timeframes set out in this Rule):

25.2.1 **Incorrectly Loaded Bar:** The weight that is loaded onto the bar does not match the weight requested by the Athlete to the Marshall.

25.2.2 **Incorrect Rack Height:** The rack height is incorrect and does not match the height requested by the Athlete to the Marshall.

25.2.3 **Announcer Error:** The announcement by the Announcer is incorrect leading to an incorrectly loaded bar and/or rack height or incorrect Athlete announced.

25.2.4 **Time Keeping Error:** The lift attempt clock is started by the Announcer too early or

too late after the Athlete is announced.

25.2.5 **Spotting Error:** The spotter loader comes into contact with the bar during the lift when not instructed to do so by the Chief Referee.

25.2.6 **Technical/Technological/Marshall Error:** Incorrectly loaded bar, rack height and/or incorrect Athlete attempt.

25.2.7 **Equipment Error:** The bench, bar, discs, collars and/or bench straps break and/or are damaged.

25.3 To raise an error before a lift attempt, the Referees, Athlete and/or that Athlete's Team Official must alert the Chief Referee before the "start" command is given. The time will be stopped to analyse the raised error and based on the Chief Referee's determination, the following will occur:

25.3.1.1 If the Chief Referee determines there is no error, the time and attempt shall resume as normal.

25.3.1.2 If the Chief Referee determines there is an error, the Athlete and the Team Official will immediately leave the bench and the error will be corrected. The Athlete will be provided two (2) minutes to complete their lift attempt but will not leave the FOP.

25.4 To raise an error after a lift attempt (that was not previously observed or raised), the Referees, Athlete or that Athlete's Team Official must alert the Chief Referee before the Athlete leaves the lifting platform. Based on the Chief Referee's determination, the following will occur:

25.4.1.1 If the Chief Referee determines there is no error, the lift decision will remain as normal.

25.4.1.2 If the Chief Referee determines there is an error and the lift decision was "No Lift", the Athlete and the Team Official will immediately leave the FOP, and the error will be corrected. The Athlete will repeat their lift attempt immediately after their previous lift attempt, three (3) minutes will be allocated for their lift attempt.

25.4.1.3 If the Chief Referee determines there is an error in loading the bar to a lighter weight than requested and the lift decision was "Good Lift", the requested weight will be recorded.

25.4.1.4 If the Chief Referee determines there is an error in loading the bar to a heavier weight than requested and the lift decision was "Good Lift", the heavier weight will be recorded and the other Athletes' lift attempts will continue as requested.

26 Records

26.1 Records Description

26.2 During all WPP0 Recognised Competitions with the exception of Hybrid Competitions and WPP0 Approved Competitions, in the Individual Event, Athletes may attempt to break a record if there is anti-doping testing being conducted at that Competition and the LiftVRS is used.

- 26.3** If the record lift attempt is “Good Lift”, it will be recognised as a new record.
- 26.4** As soon as a new record is established, any Athlete wishing to attempt a new record must exceed the previous one set by a minimum of one (1) kg.
- 26.5** For a record attempt, only one (1) Referee may match the nationality of the Athlete completing the record.
- 26.6** For a record attempt, only one (1) Jury member may match the nationality of the Athlete completing the record.
- 26.7** WPPO will recognise and maintain records for all four (4) age groups and two (2) genders for World, Regional and various Competitions (as set out below). It is only possible to break these records at the below-identified Competitions within the three (3) lift attempts:

Competition Type	Record types recognised if lifted within the 3 attempts
Paralympic Games	Elite World Record Rookie World Record Next Gen World Record Legend World Record Paralympic Records
World Championships	Elite World Record Legend World Record All Elite Regional Records All Legend Regional Records
Rookie and Next Gen World Championships	Rookie World Record Next Gen World Record All Rookie Regional Records All Next Gen Regional Records
Regional Championships	Elite World Record Rookie and Next Gen World Record Legend World Record All Elite Regional Records All Rookie and Next Gen Regional Records All Legend Regional Records
World Cups	Elite, Rookie, Next Gen and Legend World Records All Elite, Rookie, Next Gen and Legend Regional Records
Parapan American Games	Elite World Record Elite Americas Regional Record Parapan American Games Record
Asian Para Games	Elite World Record Elite Asia Regional Record Asian Para Games Record
Commonwealth Games	Elite World Record All Elite Regional Records Commonwealth Games Record

Competition Type	Record types recognised if lifted within the 3 attempts
Sub-regional Para Games	Elite World Record Rookie and Next Gen World Record Legend World Records Respective Rookie and Next Gen Regional Records Respective Elite Regional Records Legend Regional Records
Youth Para Games	Rookie and Next Gen World Record Respective Rookie and Next Gen Regional Records
Hybrid Competitions	None
International/Invitational/National	None

27 The Power Lift

27.1 The Power Lift Description

27.2 During IPC Games, WPPO Championships and WPPO Sanctioned Competitions, Athletes in the Individual Event may make an additional fourth (4th) attempt to break a record if there is anti-doping testing being conducted at that Competition and the LiftVRS is used.

27.3 The Power Lift will take place following the third (3rd) Round.

27.4 The Power Lift must be requested by the Athlete and/or the Team Official to the Marshall within one (1) minute of their lift decision displaying on the attempt board. Only if the below conditions are met will the request be approved by the Marshall.

27.4.1.1 If the Athlete's third (3rd) attempt is "Good Lift" and the weight lifted falls within ten (10) kg of the current eligible record weight which the Athlete is trying to break.

27.4.1.2 If the athlete's third (3rd) attempt was an eligible record attempt and was a "Good Lift".

27.5 It is only possible to break the following records and count in the final result at the identified Competitions with the Power Lift.

Competition Type	Record types permitted to break with the Power Lift
Paralympic Games	Elite World Record Paralympic Record
World Championships	Elite and Legend World Record
Rookie and Next Gen World Championships	Rookie and Next Gen World Record
Regional Championships	<i>For Athletes from the region of the Competition only</i>

Competition Type	Record types permitted to break with the Power Lift
	Rookie and Next Gen World Record Elite and Legend World Record Rookie & Next Gen Regional Record Elite and Legend Regional Record
World Cups	Elite and Legend World Record Rookie and Next Gen World Record
Parapan American Games	Elite World Record Elite Americas Regional Record Parapan American Games Record
Asian Para Games	Elite World Record Elite Asia Regional Record Asian Para Games Record
Commonwealth Games	None
Sub-regional Para Games	Elite World Record Elite Regional Record
Youth Para Games	Rookie and Next Gen World Record
Hybrid Competitions	None
International/Invitational/National	None

28 Results

28.1 Individual Event

- 28.1.1 **Best lift:** The final result of each Athlete will be calculated by the heaviest “Good Lift” lift attempt weight completed during the Event within the three (3) attempts and also the Power Lift (“best lift”), ranked in descending order (e.g., heaviest “best lift” is the first (1st) ranking). Best lift by CF: The final result of each Athlete will be calculated by the highest CF score within the three (3) attempts and also the Power Lift (“best lift”), ranked in descending order (e.g., highest “best lift” is the first (1st) ranking).
- 28.1.2 **Tie Break (Best lift):** If two (2) or more Athletes achieve the same “best lift” result, the Athlete who completed the Good Lift first (1st) will determine the final rank/result. In case of a tie(s) in different group(s), the Athlete who competed in the earlier group will be ranked higher.
- 28.1.3 **Total lift:** The final result of each Athlete will be calculated by the sum of “Good Lift” lift attempt weights completed during the Event within the three (3) attempts (“total lift”), ranked in descending order (e.g., heaviest “total Lift” is first (1st)).

ranking). The total lift medal is valid in all Recognised Competitions except at Games.

28.1.3.1 **Total lift by CF:** The final result of each Athlete will be calculated by the sum of “Good Lift” lift attempt weights each by CF score completed during the Event within the three (3) attempts (“total lift”), ranked in descending order (e.g., highest “total Lift” is first (1st) ranking). The total lift medal is valid in all Recognised Competitions except at Games.

28.1.3.2 **Tie Break (Total lift):** If two (2) or more Athletes achieve the same “total lift” result, the Athlete who completed the total first (1st) will determine the final rank/result. In case of a tie(s) in different group(s), the Athlete who competed in the earlier group will be ranked higher.

28.2 Team and Mixed Team Event

28.2.1 **Best lift:** All results of the Team and Mixed Team Events will be calculated using the CF which enables the comparison of the results of Athletes from different Bodyweight Categories. The CF score from each Athlete from each Round will then be summed to give the total CF score, with the highest score receiving the highest rank.

28.2.2 **Tie Break:** in each of the phases, if a team achieved the same result, the following will determine the result:

28.2.2.1 the team with the higher number of “Good Lifts” will be ranked higher;

28.2.2.2 if a tie still exists, the team with the Athlete with the highest individual score lifted will be ranked higher;

28.2.2.3 if a tie still exists, the Athlete with the highest individual score lifted in the earlier Round will be ranked higher (e.g., if two (2) Athletes have a score of 150.55 lifted in Round 1 and 3 respectively, the Team and Athlete who lifted in Round 1 will be ranked higher).

28.2.3 The final result of each team in each phase will be calculated by the sum of each Athletes’ “Good Lift” using the CF, ranking in descending order (e.g., highest team score is the first (1st) ranking):

29 Medal Awards

29.1 Medal Awards Description

29.2 At WPP0 Recognised Competitions, medals will be awarded according to the Event viability criteria for individual (best lift and total lift), Team and Mixed Team Events:

Ranking	Medal
First (1 st)	Gold
Second (2 nd)	Silver

Ranking	Medal
Third (3 rd)	Bronze

29.3 Individual Events

29.3.1 Only two (2) Athletes from the same NPC are eligible to win a medal.

29.4 In Elite Competitions where different age groups are not offered (e.g., at a World Cup), all age groups compete together within the same Bodyweight Category or combined categories. If an Athlete achieves a high enough rank to be awarded a medal in multiple eligible age groups, they will be awarded those medals.

29.5 The medal allocation and victory ceremony must be carried out in accordance with the WPO Protocol Guide (**Appendix 11**).

30 Rankings List

30.1 Rankings Descriptions

30.2 WPO will maintain a ranking system based on the results per Bodyweight Category which will determine an Athlete's or team's rank within the respective ranking system. The following separate rankings will be maintained:

30.2.1 Individual Event: best lift – World, Regional and Paralympic Rankings

30.2.2 Individual Event: total lift – World and Regional Rankings

30.2.3 Team Event – World and Regional Rankings

30.2.4 Mixed Team Event – World and Regional Rankings

30.2.5 Hybrid Competitions - World Rankings

30.3 **For the Individual Event, in the case of a tie, the Athlete with the “best lift” or “total lift” respectively lifted first (1st) by:**

30.3.1 calendar date will be ranked higher; if identical, then

30.3.2 the earlier Round will be ranked higher; if identical, then

30.4 the earlier time will be ranked higher (by Central European Time)**For the Team and Mixed Team Event in the case of a tie:**

30.4.1 the ranking will be the highest score achieved during any phase in the case of a tie:

30.4.1.1 the team who achieved the score first (1st) by calendar date will be ranked higher

30.4.1.2 if a tie still exists, the team who achieved the score in the earlier phase will be ranked higher

30.4.1.3 if a tie still exists, the team with more “Good Lifts” will be ranked higher

Section B2 - Station

31 Station Rules

31.1 Station - Description

- 31.1.1 The Station discipline is open to female and male Rookie, Next Gen, Elite and Legend, Athletes with one (1) or more of the eight (8) Eligible Impairments who compete in one (1) Sport Class, as defined in the WPPO Classification Rules and Regulations, per gender.

31.2 Objective

- 31.2.1 Athletes compete in a series of stations that feature different elements of strength.

31.3 Bodyweight Categories

- 31.3.1 Athletes compete by gender in open Bodyweight Categories.

31.4 Age Groups

- 31.4.1 Four (4) age groups are recognised in all WPPO Recognised Competitions, following the same Rules as Power (set out in Rule 11 (Power) above).

32 Entries

32.1 Individual Event

- 32.1.1 At WPPO Recognised Competitions, no maximum entry per gender and age group per NPC exist.

32.1.2 Individual Event Viability

- 32.1.2.1 At all WPPO Recognised Competitions, an Event will be considered viable when the below minimum Athlete numbers apply per gender and age group:

- a) **Two (2) Athletes:** When there are two (2) Athletes and they achieve a score equal to or more than the respective level MS for that Bodyweight Category, a Gold and Silver medal will be awarded.
- b) **Three (3) or more Athletes:** When there is three (3) or more Athletes, all medals will be awarded (Gold, Silver and Bronze)

- 32.1.2.2 The final viable Events for all WPPO Recognised Competitions will be determined in consultation with the LOC, TD and WPPO prior to and/or after the Technical Meeting.

32.2 Team Event

- 32.2.1 At WPPO Recognised Competitions, one (1) Team Event will be viable per gender in the Elite age group under the following conditions:

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

- 32.2.1.2 Teams must consist of three (3) Athletes from the same NPC and same gender.

- 32.2.1.3 Each NPC is permitted to enter a maximum of three (3) teams.

32.2.1.4 Athletes entered in a Team Event may also be entered in an Individual Event or may be additional Athletes.

32.2.1.5 Athletes entered in a Team Event may be from all age groups.

32.3 Mixed Team Event

32.3.1 At WPPO Recognised Competitions only, a maximum of one (1) Mixed Team Event may be viable in the Elite age group under the following conditions:

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

32.3.1.2 Teams must consist of three (3) Athletes from the same NPC, with at least one (1) of each gender.

32.3.1.3 Each NPC is permitted to enter a maximum of three (3) teams.

32.3.1.4 Athletes entered in a Mixed Team Event may also be entered in an individual Event or may be an additional Athlete.

32.3.1.5 Athletes entered in a Mixed Team Event may be from all age groups.

32.4 Team Event and Mixed Team Event Changes

32.4.1 At all WPPO Recognised Competitions, NPCs will have the opportunity to change the Athletes in the Team and Mixed Team Event during the entry verification process.

32.4.2 All three (3) Athletes may be changed once (1) and must be requested during the allocated time of the entry verification process. No fee will be charged for each requested change.

33 Officials' Responsibilities

33.1 Overview

Position	Overview of Responsibility
International Federation Delegate (IF Delegate)	<ul style="list-style-type: none">Is in charge of the planning and delivery of the entire Competition.Has the highest authority over the Competition.Be appointed and / or act on behalf of WPPO at the Competition.
Competition Director (CD)	<ul style="list-style-type: none">Oversee the entire Competition in liaison with the LOC, ED and TDProvide best practices in key areas of competition management and venue operational standards and report to the IF DelegateBe appointed and / or act on behalf of WPPO at the Competition.
Event Director (ED)	<ul style="list-style-type: none">Oversee the entire Event in liaison with the CD and TD,Provide best practices in key technical areas of competition and operational standards and report to the IF Delegate.Be appointed and / or act on behalf of WPPO at the Competition.
Technical Delegate (TD)	<ul style="list-style-type: none">Provide technical advice.Monitor that the technical operations are conducted in accordance with the Technical Rules and Regulations throughout the entire

Position	Overview of Responsibility
	<p>Event.</p> <ul style="list-style-type: none"> ▪ Act as the leader for the appointed Technical Officials for the Competition. ▪ Sign the Final Results for each Event.
<p>President of the Jury (“PJ”)</p>	<ul style="list-style-type: none"> ▪ Lead the Event and ensure all actions on the FOP comply with these Rules. ▪ Examine each Athlete’s personal uniform and equipment to ensure it is compliant with these Rules and Appendix 4 during the warm-up process. ▪ Ensure the equipment and FOP is clean, organised and safe. ▪ Brief the side Jury on the Athletes’ Classification notes. ▪ Lead the Spotter Loaders. ▪ Say the “start” and “rack/stop” commands. ▪ Judge the lift according to the lift sequences from the required position and/or during the Lift Challenge. ▪ Raise any errors and make the final decision on the outcome. ▪ Manually record the results.
<p>Jury (“J1”, “J2” and “J3”)</p>	<ul style="list-style-type: none"> ▪ Judge the station according to the lift sequences from the required position and/or during the Lift Challenge. ▪ Examine each Athlete’s personal uniform and equipment to ensure it is compliant with these Rules and Appendix 4 during the warm-up process., together with the President of the Jury. ▪ Raise any errors.
<p>Technical Controller (“TC”) (Chief, Assistants)</p>	<p>Chief</p> <ul style="list-style-type: none"> ▪ Lead the assistant technical controllers. ▪ Ensure the equipment and warm-up area and call area are clean, organised and safe. ▪ Examine each Athlete’s personal uniform and equipment to ensure it is compliant with these Rules and Appendix 4 during the warm-up process. ▪ Manage the access of Athletes and Team Officials in the warm-up area and call area. ▪ Assist in calling the next Athletes to the assistant 2 technical controller for their Station attempt. ▪ Support the Athlete and Technical Official presentation and victory ceremonies. <p>Assistant 1</p> <ul style="list-style-type: none"> ▪ Support the chief technical controller. <p>Assistant 2</p> <ul style="list-style-type: none"> ▪ Support the chief technical controller. ▪ Control the Athlete and Team Official’s access to the FOP for their

Position	Overview of Responsibility
	<p>attempt during the Event.</p> <ul style="list-style-type: none"> ▪ Examine each Athlete’s personal uniform and equipment to ensure it is compliant with these Rules and Appendix 4 before they enter the FOP for their attempt.
<p>“Spotter Loaders”</p>	<ul style="list-style-type: none"> • Load and unload the bar with discs according to Appendix 9. • Keep the equipment and FOP clean, organised and safe. • Follow the path/movement of the Athletes’ lift and helping only if the Chief Referee or Athlete requests so. • Help the Athlete take the bar out of the racks before the lift when asked by the Athlete and back after the “rack” command or when help is requested. <ul style="list-style-type: none"> ○ The Team Official may perform the activity of helping the Athlete take the bar out of the racks if requested and approved by the TD in the warm-up period.

33.2 The detailed responsibilities and process of each Technical Official role are listed in **Appendix 3**.

34 Kit Check

34.1 Kit Check Description

34.1.1 The Kit Check process follows the same process set out in Rule 17 (Power), per gender.

35 Athlete Uniform and Personal Equipment

35.1 Uniform and Equipment Description

35.2 At WPPO Recognised Competitions, all Athletes must wear/use items exclusively from WPPO Approved Suppliers, complying with the same Rule 16 (Power) and those in **Appendix 4**.

35.3 Any uniform items that are not explicitly permitted may not be worn for safety purposes (e.g., earrings, hats, wristwatches, rings, etc.).

35.4 As a minimum, the Athlete must wear a shirt, shorts/pants and sport shoes.

35.5 Shorts/Pants

35.5.1 One (1) set of shorts/pants may be worn. It must comply with the following Rules:

35.5.1.1 Must be form fitting on the Athlete’s body;

35.5.1.2 Must be a one (1) layer/thickness with the exception of the hem (two (2) layers permitted);

35.5.1.3 Must not have any alterations or enhancements from the manufacturer design such as reinforced seams, angling of legs, exterior ribbed material, additional patches, padding, support, pockets, buttons, collars or zippers.

36 Warm-up

36.1 Warm-up Description

36.2 The warm-up process follows the same process set out in Rule 18 (Power), per gender.

37 Event

37.1 Event Process

- 37.1.1 Athletes will compete in a Qualification Round.
- 37.1.2 The results obtained in the Qualification Round will determine:
 - 37.1.2.1 The qualification for the Station Final; the six (6) best ranked Athletes per station will qualify; others will receive their ranking from seventh (7th) to the last place;
 - 37.1.2.2 The qualification for the Station All-Around Final; the six (6) best ranked Athletes overall will qualify (addition of the scores obtained per station); others will receive their ranking from seventh (7th) to the last place;
 - 37.1.2.3 The qualification for the Station Team Final; the six (6) best ranked teams overall will qualify (addition of the scores of the country's highest ranked Athlete per station); others will receive their ranking from seventh (7th) to the last place.
 - 37.1.2.4 The qualification for the Station Mixed Team Final; the six (6) best ranked Mixed Teams overall will qualify (addition of the scores of the country's highest ranked male and female Athlete per station); others will receive their ranking from seventh (7th) to the last place.
- 37.1.3 In the Qualification Round and Station All-Around Final, all Athletes are required to compete on all stations.
- 37.1.4 In the Station Final, Station All-Around Final, Station Team Final and Station Mixed Team Final, the rankings and scores will be reset to zero (0) (a fresh start final).
- 37.1.5 The Station Programme and Format are determined by the Technical Delegate and WPPO and communicated to Athletes and Team Official at least thirty (30) minutes before the Event.
- 37.1.6 The Station Programme will not differ during the Event (Qualification Round, Station Final, Station All-Around Final, Station Team Final and Station Mixed Team Final).
- 37.1.7 The Station Format may differ during the Event (Qualification Round, Station Final, Station All-Around Final and Station Team Final).
- 37.1.8 There must be a minimum of three (3) hours scheduled between each Round (Qualification, Station Final, Station All-Around Final, Station Team Final and Station Mixed Team Final).
- 37.1.9 Athletes may compete individually or simultaneously in each Round (qualification, Station final, Station all-around final, Station team final and Station mixed team final; e.g., one (1) Athlete per station or several Athletes per station), based on the

availability of the equipment, the venue size as well as other factors. Groups may be formed as necessary based on the factors above (e.g., age groups may compete together).

37.1.10 When there are six (6) or fewer Athletes per category (Individual, All-Around or Team) will be direct final.

37.1.11 In case of temporary suspension of the Event the Athletes will be allocated a minimum of forty (40) minutes warm-up period and the Event and scoreboard will continue as it was before the suspension.

38 Station Programme

38.1 Programme

38.2 The Station Programme are the three (3) stations selected by the ED for the Competition based on the availability of the equipment, the venue size as well as other factors at the discretion of WPPO.

39 Station Format

39.1 Format

39.2 The Station Format is the specific workout requirements are determined by the TD and WPPO for the Competition. It may include:

39.2.1 Required movements

39.2.2 Required number of repetitions and/or repetition scheme

39.2.3 Required equipment

39.2.4 Required amount of weight

39.2.5 Time limit

39.2.6 Scoring details

39.2.7 Adjustments (if required)

39.3 Stations may have time penalties. Failure to complete a station format within the designated time may result in a specified penalty.

39.4 Stations may have a minimum requirement in terms of the amount of time, repetitions, weight or Rounds to be completed in order to advance. Any such minimums will be announced as part of the station format. Failure to complete a station format within the designated time may result in a specified penalty.

40 Stations

40.1 Seasons

40.2 The following stations are possible based on the Competition season:

Season	Station (Scoring)
Summer	<ul style="list-style-type: none">Medicine ball slam (repetition)Medicine ball throw (time)

Season	Station (Scoring)
	<ul style="list-style-type: none"> ▪ Shoulder press (bar, dumbbell or kettlebell) (reps or weight) ▪ Pulldown (horizontal and vertical) ▪ Endurance (bench press) ▪ Row (horizontal and vertical) (distance, time, calories) ▪ Sky (vertical) (distance, time, calories, with machine) ▪ Rope climb (time, reps) ▪ Pull ups (time, reps) ▪ Battle ropes (time, reps) ▪ Hammer/rock push ▪ Dip with rings or dips with parallel bars ▪ Shoulder to front (the movement begins with a kettlebell in the middle of the legs arms outstretched, the Athlete carries the weight at shoulder height, but always with arms outstretched) ▪ Power Snatch: the Athlete may alternate one hand first and then the other with dumbbells, kettlebell or two-handed with the bar.
Winter	<ul style="list-style-type: none"> ▪ Snowball push ▪ Sled push ▪ Snowball target (curling) ▪ Winter shot put ▪ Press ice blocks/discs ▪ Chin-up ▪ Yeti chase ▪ Sledge race ▪ Slide jump ▪ Darts ▪ Axe/hammer chop ▪ Snowball ▪ Bowling

41 Judgement

41.1 Judgment Description

41.2 One (1) Jury member will judge each Athlete’s station performance, including ensuring the required movement and format is followed, as well as scoring the Athlete (e.g., time, repetitions, etc.).

41.3 Exceptions will be taken into consideration in judgement only if they are noted in the Athlete’s Classification documents (e.g., uncommon elbow or knee angle and/or range of motion exceptions).

42 Results, Medal Awards and Rankings

42.1 Results, Medal Awards and Rankings

42.2 Based on the station format, Athletes will receive a rank and the corresponding points:

Qualification Round			Finals		
Rank	Points	Delta	Rank	Points	Delta
1	100	-	1	100	-
2	90	-10	2	80	-20
3	80	-10	3	60	-20
4	72	-8	4	50	-10
5	64	-8	5	40	-10
6	56	-8	6	35	-5
7	50	-6			
8	44	-6			
9	38	-6			
10	34	-4			
11	30	-4			
12	26	-4			
13	24	-2			
14	22	-2			
15	20	-2			
16	18	-2			
17	16	-2			
18	14	-2			
19	12	-2			
20	10	-2			
21	8	-2			
22	6	-2			
23	4	-2			
24 and onwards	3	-1			

42.3 Medals will be awarded to the Athletes, Teams and Mixed Teams ranked first (1st) to third (3rd) in the Station Final, Station All-Around Final, Station Team Final and Station Mixed Team Final in accordance with the viability criteria.

42.4 In the case of a tie:

42.4.1 Station Final: The Athletes will share the respective rank.

42.4.2 Station All-Around, Station Team Final and Station Mixed Team Final: The

Athlete(s) with the highest ranking in any single Event will be ranked higher. If a tie remains, the process continues so forth (e.g., if two (2) Athletes or Teams have a points score of two hundred eighty eight (288), the Athlete or Team who has the highest ranking (e.g., first (1st) versus fourth (4th)) will be ranked higher; if a tie still remains, the next highest ranking will be considered (second (2nd) versus fifth (5th)).

42.5 WPPO will maintain a ranking system based on the results per gender which will determine an Athlete's or team's rank within the respective ranking system. The following separate rankings will be maintained:

- 42.5.1 Individual Event – World and Regional Rankings
- 42.5.2 Team Event – World and Regional Rankings
- 42.5.3 Mixed Team Event – World and Regional Rankings



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