



Information Sheet

Powerlifting

This information is intended to be a generic guide to assist new athletes to get involved in Powerlifting.

Background

The bench press is the only discipline in Powerlifting with 10 different categories based on body weight.

Powerlifting is the ultimate test of upper body strength. The athletes are given three attempts and the winner is the athlete who lifts the highest number of kilograms. Powerlifting is open to athletes with cerebral palsy, spinal injuries, limb loss or deficiency (lower limb/s), short stature and a range of other impairments which result in impaired muscle strength or impaired muscle power. In addition to the requirement of having an eligible impairment, all Powerlifting athletes must meet the Minimum Disability Criteria (MDC) to participate in competition.

Competitors must lower the bar to the chest, hold it motionless on the chest and then press it upwards to arms length with locked elbows. Access to the bench can be via wheelchair, coach assistance or other aids.

The International Paralympic Committee (IPC) is the International Federation for Powerlifting and as such, sanctions international competitions, develops the rules and regulations for the sport, sets qualification standards for Paralympic games and has affiliated national members (National Paralympic Committees) in all participating nations around the world.

The Australian Paralympic Committee (APC), as the national member of the IPC, is responsible for athlete licensing, competition entries, registration, classification and athlete nomination and selection for the Australian Paralympic Team. In June of 2014, the Australian Sport Commission (ASC) announced the withdrawal of funding to the Powerlifting program. The ASC had provided \$55k annually to the program.

Find a training centre:

STATE	TRAINING CENTRE DETAILS
NSW	<p>Wheelchair Sports NSW (includes ACT) Contact: Mark Wilson, Development Coordinator Ph: 02 9809-5260 Email: MarkW@wsnsw.org.au Web: www.wsnsw.org.au</p>
QLD	<p>Sporting Wheelies and Disabled Association Contact: Robyn Stephensen, Sport Development Coordinator Ph: 07 3253-3333 Email: robyns@sportingwheelies.org.au Web: www.sportingwheelies.org.au</p>
NT	<p>YMCA Palmerston Gym 11 The Blvd, Palmerston NT 0830 Contact: Lolita, Darwin Powersports Ph: (08) 8935 9777 Email: secretarydarwinpowersports@gmail.com Web: http://secretarydarwinpower.wix.com/darwinpowersports</p>
VIC	<p>Body World (ambulant athletes only) Top Floor, 285 Carlisle Street, East St Kilda VIC 3184 Contact: Jessica Gray Ph: 0424 176 375 Web: http://bodyworld.com.au/site/locations/balacalava</p>
WA	<p>Muscle Pit 25 Crawford St, Cannington, WA 6101 Ph: 08 9358-1131 Email: thecrew@musclepit.com.au Web: www.musclepit.com.au</p> <p>Western Force Gym Meagher Drive (Underwood Ave), Perth WA 6014 Contact: Charlie Higgins Ph: (08) 9387 0756 Email: charlie.higgins@rugbywa.com.au</p>
ACT	<p>The X-Gym 151 Gladstone Street, Fyshwick ACT 2609 Contact: Ben Winter-Giles Ph: 0415 468877 Email: weightliftingact@gmail.com Web: www.the-x.com.au</p>



Classification

To compete in Powerlifting as an athlete with an impairment, one must undergo a Powerlifting classification assessment. Classification typically includes physical, technical and observation in competition assessments.

In Australia, there are 3 levels of classification:

Classification Level	Description
Provisional	For athletes who do not have access to a classification panel.
National	For athletes who have access to a recognised sport specific classification panel, and compete at state or national championships.
International	For athletes who are selected for international competition.

How do I get classified?

Athletes are to register their interest to be classified using the 'Get Into Sport' form on the APC website; <http://www.paralympic.org.au/content/get-sport>

IPC Athlete Registration and License

Athletes must be registered in the Sport Data Management System (SDMS), which is coordinated through the APC, to be eligible to be licensed and internationally classified.

There is no cost to register an athlete in the SDMS. All registered athletes will be assigned a unique identification code, the SDMS ID, which will remain with the athlete for the duration of their career and be included on all athlete documentation.

There is a cost to license an athlete (€15) and all licensed athletes will be assigned a season license number for the respective sport. Once licensed, an athlete may compete in IPC international open sanctioned events and be eligible for Paralympic and Commonwealth Games qualification.

Further information can be found at;

www.paralympic.org/powerlifting



Domestic Competition

Queensland Sporting Wheelies and Disabled Association (QSW) have historically held two competitions each year;

- February (State Championships); and
- November (National Championships).

Further information may be found at;

<http://www.sportingwheelies.org.au/our-services/sport>

International Competition

The IPC Powerlifting four-year competition cycle for championships will be adopted as follows:

- Year 1: Regional Championships (the competition cycle for Regional Championships may be adjusted where they are included within Regional Games)
- Year 2: World Championships
- Year 3: Regional Championships (the competition cycle for Regional Championships may be adjusted where they are included within Regional Games)
- Year 4: Paralympic Games

There are 10 separately defined bodyweight categories for both Male and Female athletes;

WOMEN	MEN
41.00kg class (up to 41.00kg)	49.00kg (up to 49.00kg)
45.00kg class (41.01kg to 45.00kg)	54.00 kg (49.01kg to 54.00kg)
50.00kg class (45.01kg to 50.00kg)	59.00 kg (54.01kg to 59.00kg)
55.00kg class (50.01kg to 55.00kg)	65.00 kg (59.01kg to 65.00kg)
61.00kg class (55.01kg to 61.00kg)	72.00 kg (65.01kg to 72.00kg)
67.00kg class (61.01kg to 67.00kg)	80.00 kg (72.01kg to 80.00kg)
73.00kg class (67.01kg to 73.00kg)	88.00 kg (80.01kg to 88.00kg)
79.00kg class (73.01kg to 79.00kg)	97.00 kg (88.0 kg to 97.00kg)
86.00kg class (79.01kg to 86.00kg)	107.00 kg (97.0 kg to 107.00kg)
Over 86.00kg class (86.0 kg and over)	Over 107.00 kg (107.01kg and over)



Further information on International Competitions can be found at;
<http://www.paralympic.org/powerlifting/events>

Commonwealth Competition Games

Australia has participated at every Powerlifting competition held at the Commonwealth Games since it was introduced to the program in 2002.

For Commonwealth Games only, Powerlifting forms part of the Weightlifting team and all administration and coordination is carried out by the Australian Weightlifting Federation.

IPC Powerlifting Qualification Pathway 2013-2016

The qualification process for Rio 2016 Paralympic Games is Top 8 male/Top 6 female on ranking (1 per nation) and meeting Minimum Qualification Standard (MQS) per weight class.

To maintain a fair and consistent qualification pathway for the 2016 Paralympic Games, athletes must attend at least one IPC Powerlifting approved competition in each of the years 2013, 2014, 2015 and 2016 according to the following process.

- Athletes must have achieved the relevant Paralympic Games Minimum Qualifying Standard (MQS) for IPC Powerlifting in addition to any other relevant current IPC PO Rules and Regulations;
- The athlete must have achieved the necessary 2014 World Championship (WCH) MQS in any IPC Powerlifting approved event in 2013 (compulsory) and can choose to enter any other approved events in 2014 prior to the 2014 WCH to increase ranking if WCH MQS was not achieved at the competition entered in 2013 to still qualify;
- Entering approved competitions in 2014 prior to the WCH alone does not qualify the athlete to enter the WCH;
- To be eligible to qualify for the 2016 Paralympic Games athletes must attend the 2014 WCH and in addition to this achieve the required Paralympic Games MQS as per the given qualification timeline and processes stated below;
- Athletes must participate in at least one Regional/International approved event in 2015 (compulsory) and any other IPC PO International approved competition (obligatory) following the 2014 WCH until the qualifying deadline of 29th February 2016; and



- Where Regional Championships/Games are not organized between the 2014 WCH and the qualification deadline of 29th February 2016 the athletes must participate at any other IPC PO approved International event during the same qualification period.

In addition to the performance standards, athletes are also required to;

- Have held an active IPC Powerlifting Athletes License for the 2015 and 2016 seasons;
- Be internationally classified with a 'Confirmed' sport class status;
- Have competed at the 2014 IPC Powerlifting World Championships;
- Have competed in at least two (2) sanctioned IPC Powerlifting international competitions between 12 April 2014 and 29 February 2016 - one of these competitions must be in 2015; and
- Have achieved the relevant Minimum Qualification Standard (MQS) between 5 April 2014 and 29 February 2016.

In addition, a further two Bipartite (wild cards) will be awarded in each event based on following principles;

- To ensure participation of top athletes who may have not had the opportunity to formally qualify through other methods due to extraordinary circumstances;
- To ensure the representation of athletes with high support needs;
- To ensure medal events will have sufficient representation for viability; and
- To enable greater representation by gender.

IPC Rules and Regulations

<http://www.paralympic.org/powerlifting/rules-and-regulations/rules>

Anti-doping

To promote and protect the integrity of sport and the health of athletes, the IPC, together with International Federations and the National Paralympic Committees established the IPC Anti-Doping Code.

Anti-Doping rules, like Competition rules, are sport rules governing the conditions under which sport is played. All participants (athletes and athlete support personnel) accept these rules as a condition of participation and are presumed to have agreed to comply with the IPC Anti-Doping Code.

Further information can be found at;

<http://www.paralympic.org/powerlifting/rules-and-regulations/anti-doping>



Further information

National	Australian Paralympic Committee Email: auspara@paralympic.org.au Phone: +61 2 9704 0500 Web: www.paralympic.org.au/powerlifting
International	International Paralympic Committee Web: www.paralympic.org.au/sports/powerlifting