

Classification Information Sheet

POWERLIFTING

This information is intended to be a generic guide to classification for Para-Powerlifting. The classification of athletes in this sport is performed by authorised classifiers according to the classification rules of the sport, which are determined by the International Federation (IPC Powerlifting).

Which Paralympic impairment groups compete in Para-Powerlifting?

Impairment		Examples of health conditions
Physical Impairment	Limb loss or deficiency	Amputation from trauma, cancer, Limb deficiency from birth
	Loss of muscle strength	Spinal cord injury, Spina Bifida, Transverse Myelitis, Sacral Agenesis, Spinal Tumours, Erbs Palsy, Muscular dystrophy
	Hypertonia Ataxia Athetosis	Cerebral palsy, acquired brain injury, stroke, brain tumor, Multiple sclerosis, cerebellar ataxia, Hereditary Spastic Paraparesis or other conditions where hypertonia (spasticity, rigidity or dystonia), ataxia or athetosis are present.
	Short Stature	Achondroplasia and similar conditions
	Joint movement restrictions	Arthrogyrosis, Talipes Equinovarus, joint fusions
	Leg length difference	Significant difference in leg length

What is the Minimal Disability Criteria?

Specific criteria applied to each sport to determine if a person's disability results in sufficient limitation in their sport. This is called the minimal disability criteria. For more information page numbers of the [IPC Powerlifting Classification rules](#) are indicated in brackets.

Impairment		Minimal Disability – GUIDE ONLY
Physical Impairment	Limb loss or deficiency	Leg: Single amputation above the ankle joint. (Page 37)
	Loss of muscle strength	Leg: Loss of strength in a hip, knee, ankle or foot that impacts on the ability to stand. (Page 37)
	Hypertonia Ataxia Athetosis	Hypertonia (Spasticity, Rigidity or Dystonia), ataxia or athetosis that leads to impairment in function in one lower limb. (Page37)
	Short Stature	Adult standing height less than or equal to 145cm (males)/140cm (females). (Page 37)
	Joint movement restrictions	Leg-Joint movement restriction in one hip or knee that impacts on the ability to stand. (Page 37)
	Leg length difference	The difference between legs should be at least 7cm. (Page 37)

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How do I get classified?

1. Apply to be classified online via the [Get Classified form](#).
- OR
2. Contact the [Australian Paralympic Committee](#)

What are the Paralympic classes for this sport?

The list below is intended as a guide only. Only authorised classifiers are able to provide a formal classification in a particular sport.

Classification	Criteria
E (Eligible)	Meets the minimal disability for the sport.
NE (Not Eligible)	Does not meet the minimal disability for the sport.

Competitors compete according to weight categories

WOMEN		MEN	
41.00kg class	(Up to 41.00kg)	49.00kg class	(Up to 49.00kg)
45.00kg class	(41.01-45.00kg)	54.00kg class	(49.01-54.00kg)
50.00kg class	(45.01-50.00kg)	59.00kg class	(54.01-59.00kg)
55.00kg class	(50.01-55.00kg)	65.00kg class	(59.01-65.00kg)
61.00kg class	(55.01-61.00kg)	72.00kg class	(65.01-72.00kg)
67.00kg class	(61.01-67.00kg)	80.00kg class	(72.01-80.00kg)
73.00kg class	(67.01-73.00kg)	88.00kg class	(80.01-88.00kg)
79.00kg class	(73.01-79.00kg)	97.00kg class	(88.01-97.00kg)
86.00kg class	(79.01-86.00kg)	107.00kg class	(97.01-107.00kg)
86.00kg+ class	(86.01kg+)	107.00kg+ class	(107.01kg+)

Further Information

National	Australian Paralympic Committee E: classification@paralympic.org.au P: +61 2 9704 0500
International	IPC Powerlifting