

Classification Information Sheet - Para-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 [World Para Powerlifting](#) classification rules.

What is the classification process?

Trained classifiers assess an athlete using the World Para Powerlifting classification rules to determine the following:

1. Does the athlete have an eligible impairment type?

An athlete must have a permanent eligible impairment type and provide medical documentation detailing their diagnosis and health condition.

2. Does the athlete meet the minimum impairment criteria for the sport?

Specific criteria applied to each sport to determine if a person's impairment results in sufficient limitation in their sport. This is called the minimum impairment criteria.

3. What is the appropriate class to allocate the athlete for competition?

Classes are detailed in the classification rules for the sport and a classifier determines the class an athlete will compete in.

Which Paralympic impairment groups compete in Para Powerlifting?

Athletes are required to have a permanent, eligible impairment and will be required to provide medical diagnostic information about their diagnosis and impairment.

Eligible Impairment Type	Examples of health conditions	
Physical Impairment	Limb deficiency	Amputation from trauma, illness or limb deficiency from birth
	Impaired Muscle Power	Spinal cord injury, (complete or incomplete), muscular dystrophy, post-polio syndrome and spina bifida
	Hypertonia Ataxia Athetosis	Cerebral palsy, acquired/traumatic brain injury, stroke, brain tumor, and multiple sclerosis
	Impaired passive range of movement	Arthrogryposis, Talipes Equinovarus, joint fusions or contractures from chronic immobilisation or trauma affecting a joint.
	Short Stature	Achondroplasia, growth hormone dysfunction, and osteogenesis imperfecta
	Leg length difference	Examples include dysmelia and congenital or traumatic disturbance of growth.

What is the Minimum Impairment Criteria?

Specific criteria applied to each sport to determine if a person's impairment results in sufficient limitation in their sport. This is called the minimum impairment criteria.

Impairment	Minimum Impairment- GUIDE ONLY	
Physical Impairment	Limb deficiency	Unilateral amputation as a minimum through the ankle joint with an absence of the calcaneus or a congenital limb deficiency at the same minimum level.
	Impaired Muscle Power	Loss of muscle power in at least one or both lower limbs. Tested movements include: <ul style="list-style-type: none"> - Ankle: dorsiflexion, plantarflexion, inversion and eversion - Knee: flexion and extension - Hip: flexion, extension, abduction and adduction
	Hypertonia Ataxia Athetosis	Hypertonia, ataxia or athetosis in one or both lower limbs. Must be observable during athlete evaluation and there must be observable loss of function.
	Impaired passive range of movement	Movement restriction in at least one hip or knee, or severely reduced mobility of a permanent nature and/or as in scoliosis measuring over 60 degrees by the Cobb method.
	Short Stature	Adult standing height must be less than or equal to: <ul style="list-style-type: none"> - Males: 145 cm - Females: 140 cm
	Leg length difference	Minimum leg length difference of 7cm between left and right.

Minimum impairment criteria is further detailed in the [World Para Powerlifting Classification rules](#).

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.

Class	Examples (Guide Only)
Eligible (E)	Meets the minimum impairment for the sport.
Not Eligible (NE)	Does not meet the minimum impairment for the sport.

Competitors compete according to weight categories

How do I get classified?

Classification in Australia is organised through [Paralympics Australia](#).

Where do I find out further Information?

National	Paralympics Australia E: caroline.walker@paralympic.org.au 
International	World Para Powerlifting 