

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 cancer Limb deficiency from birth
	Impaired Muscle Power	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.
	Impaired passive range of movement	Arthrogryposis, Talipes Equinovarus, joint fusions or contractures from chronic immobilisation or trauma.
	Short Stature	Achondroplasia, growth hormone dysfunction, and osteogenesis imperfecta
	Leg length difference	Significant difference in leg length

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 or minimum level.
	Impaired Muscle Power	Loss of muscle power in at least one hip, knee or ankle.
	Hypertonia Ataxia Athetosis	Hypertonia, ataxia or athetosis in at least one lower limb.
	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.
	Short Stature	Adult standing height less than or equal to 145cm (males)/140cm (females).
	Leg length difference	Leg length difference of at least 7cm.

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)
E (Eligible)	Meets the minimum impairment for the sport.
NE (Not Eligible)	Does not meet the minimum impairment 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+)



Classification Information Sheet

POWERLIFTING



How do I get classified?

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

Where do I find out further Information?

National	Powerlifting Australia E: enquiries@powerliftingaustralia P: +61 3 9670 2933	Australian Paralympic Committee E: classification@paralympic.org.au P: +61 8 8415 6803
International	World Para Powerlifting	