

Powerlifting

**A guide for Australian
athletes, coaches and officials**

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1. Introduction

1.1 Sport background

The bench press is the only discipline in Powerlifting with ten 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. Para-powerlifting is open to athletes with a range of impairments including 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 Powerlifting 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.

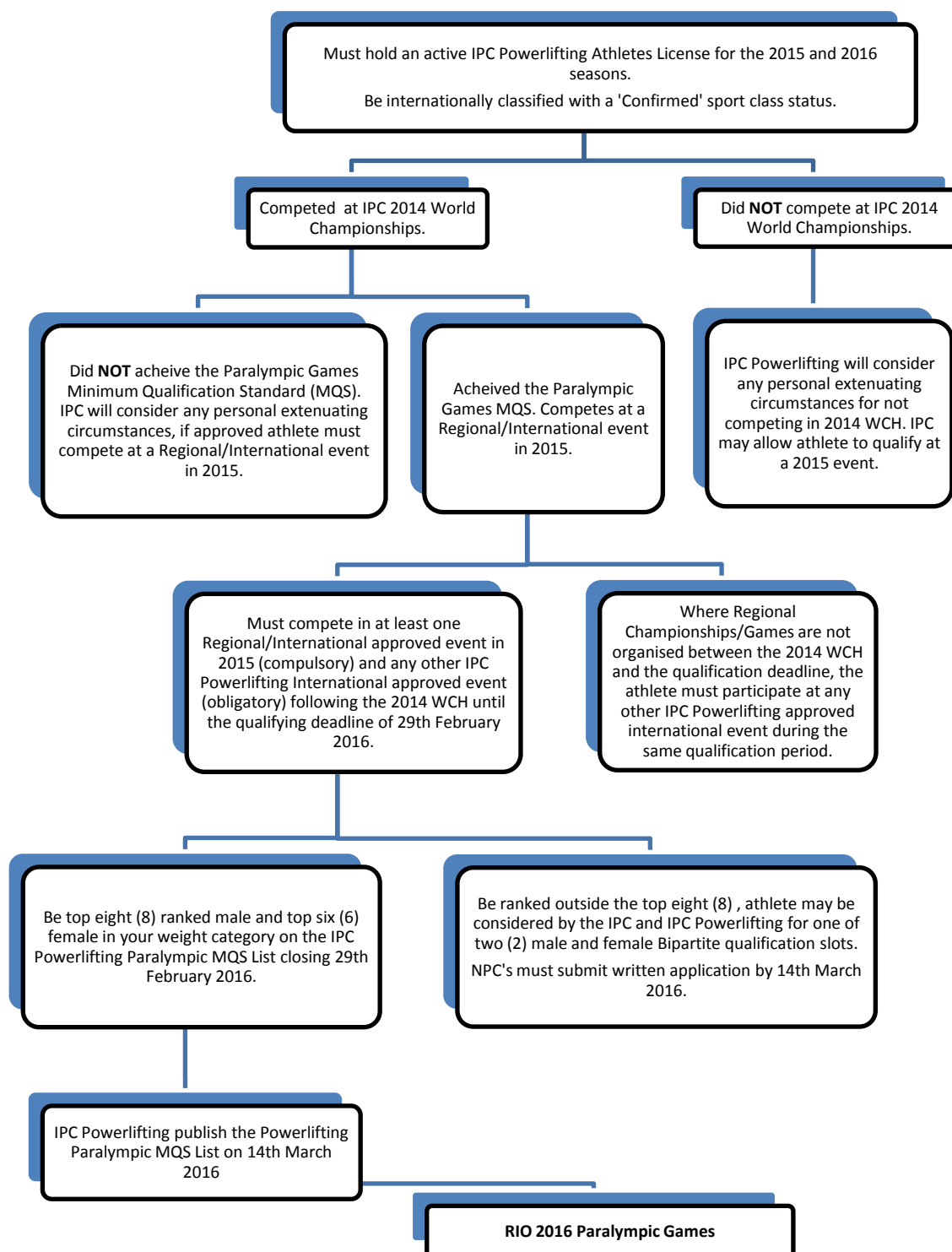
The International Paralympic Committee (IPC) is the International Federation for Powerlifting and as such, sanctions international competitions, develops the rules and regulations for the sport, sets qualification standards for Paralympic games and has affiliated national members (National Paralympic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

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/para-powerlifting |

2. International Landscape

2.1 RIO 2016 Paralympic Games qualification



IPC Powerlifting Qualification Pathway 2013-2016

The qualification process for Rio 2016 Paralympic Games is Top eight male/Top six 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.

For the IPC Rio 2016 Paralympic Games Powerlifting Qualification Guide, see Appendix A.

OR

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

2.2 IPC 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

IPC Powerlifting Results, Rankings and Records;

<http://www.paralympic.org/results>

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

Body Weight Categories

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

Additions to the lifters bodyweight will be made for amputees as follows:

- for each through ankle amputation add:
 - ½kg for all weight categories;
- for each below knee amputation add:
 - 1 kg for up to 67kg bodyweight
 - 1½kg from 67.01kg bodyweight and over
- for each above knee amputation add:
 - 1½kg for up to 67 kg bodyweight
 - 2 kg from 67.01 kg bodyweight and over
- for each complete hip disarticulation add:
 - 2½ kg for up to 67kg bodyweight
 - 3kg from 67.01kg bodyweight and over
- For each through knee amputation the formula for below knee amputation will be used for the relevant bodyweight group.

IPC International competition

Event: 2015 IPC Powerlifting Americas Open Championships

Dates: April 26-29, 2015

Location: Guadalajara, Mexico

Host: Mexican Paralympic Committee

Entry open date: 16 September 2014

Entry close date: 5 December 2014 (by number), 6 March 2015 (by name).

Contact: Sadot Lara

Phone: +5213312945969

E-mail: ipcogadajara2015@gmail.com

Website: not available as at 23.9.2014

For the competition pack containing relevant documents, see appendix B.

Event: 2015 IPC Powerlifting Asian Open Championships

Dates: July 26-30, 2015

Location: Almaty, Kazakhstan

Host: National Paralympic Committee Kazakhstan

Entry open date: 15 January 2015

Entry close date: 31 March 2015 (by number), 12 June 2015 (by name).

Contact: Artur Tommitsskiy

Phone: +77018055222

E-mail: almatypower2015@gmail.com

Website: not available as at 7.10.2014

For the competition pack containing relevant documents, see appendix C.

Event: 2015 IPC Powerlifting European Open Championships

Dates: November 24-28, 2015

Location: Eger, Hungary

Host: Hungarian Paralympic Committee

Entry open date: May 1, 2015

Entry close date: July 31, 2015

Contact: Hungarian Paralympic Committee

Phone: +3614606804

E-mail: powerliftingec2015@paralimpia.hu

Website: <http://www.paralympic.org/eger-2015>

For the competition pack containing relevant documents, see appendix D.

2.3 Commonwealth Games Competition

Australia has participated at every Powerlifting competition held at the Commonwealth Games since it was introduced to the program in 2002. Australian athletes have achieved a silver medal in 2002 and a bronze in 2006.

At the 2014 Commonwealth Games held in Glasgow, the International Weightlifting Federation (IWF) governed the sport and has national federations in every participating country. The IWF granted each country three male and three female athletes across the four events held at the Glasgow Commonwealth Games. A country may enter a maximum number of six Powerlifting athletes.

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

Weightlifting Australia Federation called on the APC to nominate up to six Powerlifting athletes (3 x male, 3 x female) for the Glasgow Commonwealth Games.

The APC nominated three (3) male and one (1) female Powerlifting athletes.

| Name | Gender | State | PPP Tier | Weight class |
|---------------|--------|-------|----------|--------------|
| Abebe Fekadu | M | Qld | Tier 1 | 56kg |
| Leigh Skinner | M | Qld | Tier 2 | 82.5kg |
| Ben Wright | M | WA | Tier 3 | 90kg |
| Jessica Gray | F | VIC | Tier 3 | 67.5kg |

The Powerlifting events at the Commonwealth Games are open to all weight categories with two male and two female medals for a lightweight and heavyweight class. Results are calculated using the 'AH Formula';

Athletes body weight x weight lifted x pre determined factor = AH result

The IWF are yet to advise on the allocation of Para-athletes for the next Commonwealth Games to be held in the Gold Coast in 2018.

3. National Landscape

3.1 Australian Paralympic Committee

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. Powerlifting was, up until June 2014, one of the APC managed sports, where the APC is funded by the ASC to deliver the high performance program in the absence of a mainstream agreement with an NSO. The APC support of Powerlifting has recently included the employment of a coach, delivery of camps and coordination of international event participation.

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.

3.2 Domestic competition

Queensland Sporting Wheelies and Disabled Association (QSW) have historically held two (2) competitions each year;

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

These have been held in QSW Brisbane gym and usually attract between ten and fifteen athletes. The National Squad athletes were generally funded by the APC to attend.

Para-powerlifters are able to take part in all able bodied Powerlifting Australia events, subject to meeting the IPF rules for performing the lift. The IPF rules can be found at the following link;

<https://powerliftingaustralia.com/compete/ipf-rules-approved-list.html>

Powerlifting Australia competition calendar can be found at the following link;

<https://powerliftingaustralia.com/compete/calendar.html>

3.3 Australia's "Winning Edge"

The AIS is a division of the Australian Sports Commission (ASC), the Australian Government's peak body for sport.

As Australia's strategic high performance sport agency, the AIS is responsible and accountable for leading the delivery of Australia's international sporting success. In 2012, the AIS launched Australia's 'Winning Edge 2012-2022', a national strategy outlining ambitious international performance targets for Australia over the next decade.

In order to deliver success under Australia's 'Winning Edge', a sharper, more robust national funding and accountability model has been introduced. Investment has been prioritised to sports that demonstrate the greatest chance of short, medium and long-term success and sports that have the capability to deliver. Australian high performance sport funding is being firmly linked with results.

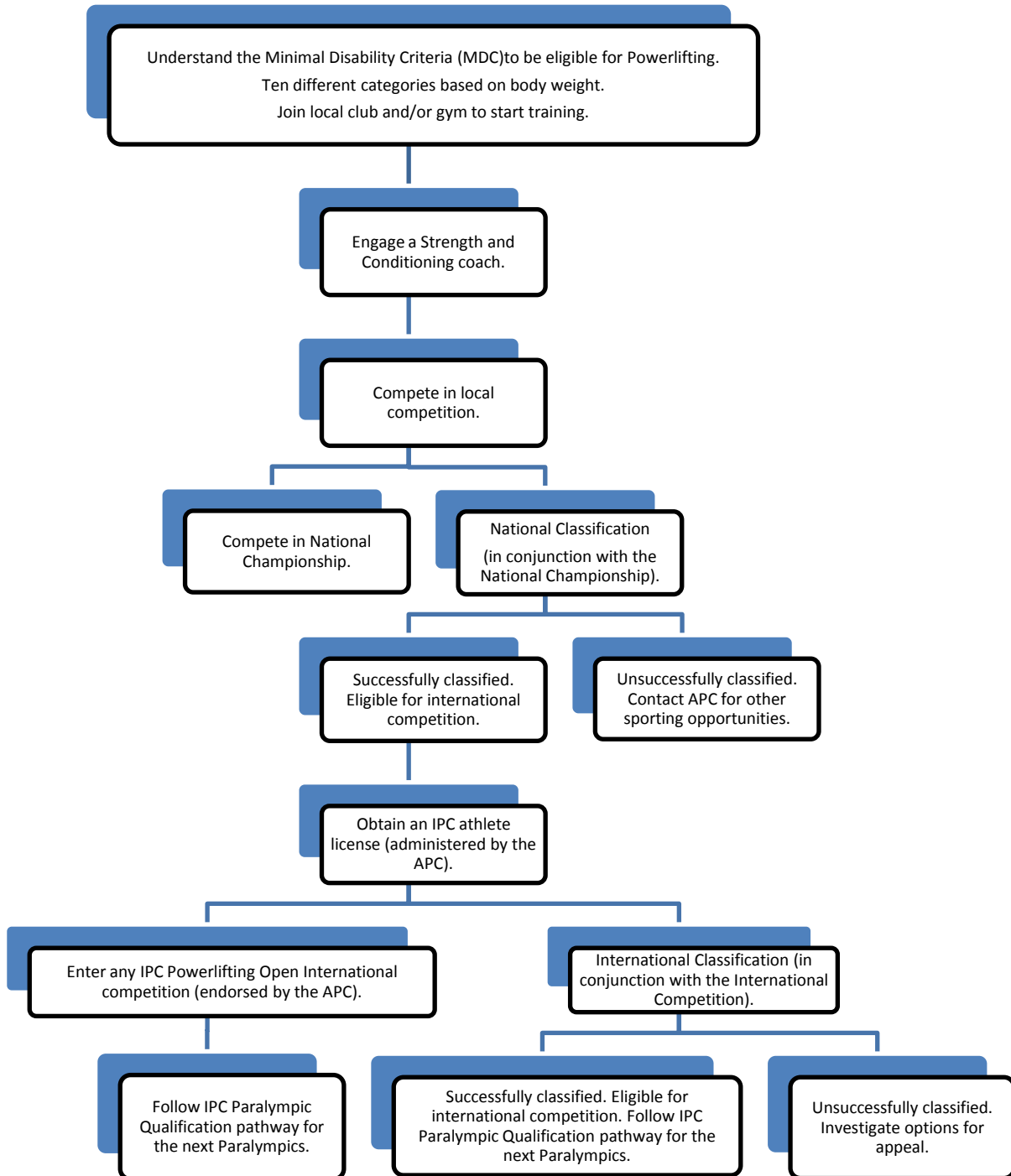
The role of the AIS changed dramatically in 2013. Perhaps the most significant change was the move away from the direct delivery of high performance sport programs, including the provision of AIS scholarships and the employment of coaches. The newly defined role as Australia's high performance sports agency was successfully transitioned throughout 2013 in preparation for full implementation from 1 January 2014. A consequence of this change is that NSOs now have clear and full accountability, aligned with their investment for the delivery of their high performance programs.

In the AIS Investment Announcement for 2014-2015, it announced the high performance investment allocation for Powerlifting will be withdrawn for 2014-15 (\$55,000 in 2013-14). The ASC has determined that the sport is unlikely to contribute to Australia's 2016 Paralympic Games medal target.

Further details may be found at www.ausport.gov.au.

3.4 Athletes and officials

IPC Powerlifting Athlete Pathway



Officials (Referees)

(IPC Australian Referee database as at September 2014)

| Name | Cat. | Gender | Expiry Date of last IPC PO License | License Renewal | License Valid until |
|----------------|------|--------|------------------------------------|-----------------|---------------------|
| Martin Burley | 1 | M | 2014 | n/a | 2016 |
| Brian McNichol | 1 | M | 2014 | n/a | 2016 |
| Julie Russell | 1 | F | 2012 | n/a | 2016 |
| Ray Epstein | 1 | M | 2010 | Yes | 2013 |
| Steven Green | 2 | M | 2010 | Yes | 2013 |
| Barry Harden | 2 | M | 2010 | Yes | 2013 |
| Robert Wilks | 2 | M | 2010 | Yes | 2013 |
| John Woods | 2 | M | 2010 | Yes | 2013 |

For the IPC Powerlifting Referees Qualification and Development Pathway, see Appendix E.

OR

<http://www.paralympic.org/powerlifting/officials>

3.5 Classification

What is Classification?

Paralympic sport exists so that athletes with physical, vision or intellectual impairments have equal opportunities to compete and be successful in sport. Classification groups athletes who have similar impairments together into classes for competition in their particular sport. Each Paralympic sport has a different classification system, based on each sport's specific athletic skills and requirements. Each sport selects the impairment groups that are eligible in a Paralympic pathway.

Paralympic impairment groups for Powerlifting?

An athlete must have an eligible impairment that leads to a permanent and verifiable activity limitation as outlined in the IPC Classification Code.

Athletes with a physical impairment may be eligible for Powerlifting as outlined in the table below:

| Impairment | Examples of health conditions |
|-----------------------------------|---|
| Lower limb 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 |

Minimal Disability Criteria?

Powerlifting has specific minimal impairment criteria that athletes must meet in order to be eligible for the sport as outlined in the IPC Powerlifting Classification Rules. All athletes in Powerlifting have an impairment in their lower limbs or hips, which would prohibit them to compete in able-bodied Powerlifting and/or weightlifting.

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

Powerlifting Classes

| Classification | Criteria |
|-------------------|--|
| E (Eligible) | Meets the minimal disability for Para-powerlifting. |
| NE (Not Eligible) | Does not meet the minimal disability criteria for Para-powerlifting. |

Only authorised Powerlifting classifiers are able to provide a formal classification. All eligible athletes compete in one sport class, but different weight categories.

Classification for Powerlifting in Australia follows the IPC Powerlifting classification rules. The IPC Powerlifting classification rules and regulations are found at the following link;

<http://www.paralympic.org/powerlifting/classification/>

Classification Assessment

If an athlete with a physical impairment wishes to compete in Powerlifting, they must undergo a Powerlifting classification assessment. Classification typically includes physical, technical and observation in competition assessment.

In Australia, there are 3 levels of classification:

| Classification Level | Description |
|----------------------|--|
| Provisional | A paperwork process for athletes who do not have access to a classification panel. |
| National | A face to face process where athletes attend classification with a recognised Powerlifting classification panel. Generally offered at a national championship. |
| International | For athletes who are selected for international competition. |

How do I get classified?

National Level Classification

- o 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>

Classification opportunities have previously been delivered by the APC. National Level Classification (face to face with a panel) has been offered at national championships when there has been a demonstrated need.

Currently there is no provisional classification available for Powerlifting athletes, however the APC are developing a process to enable athletes to obtain a provisional classification.

International Level Classification

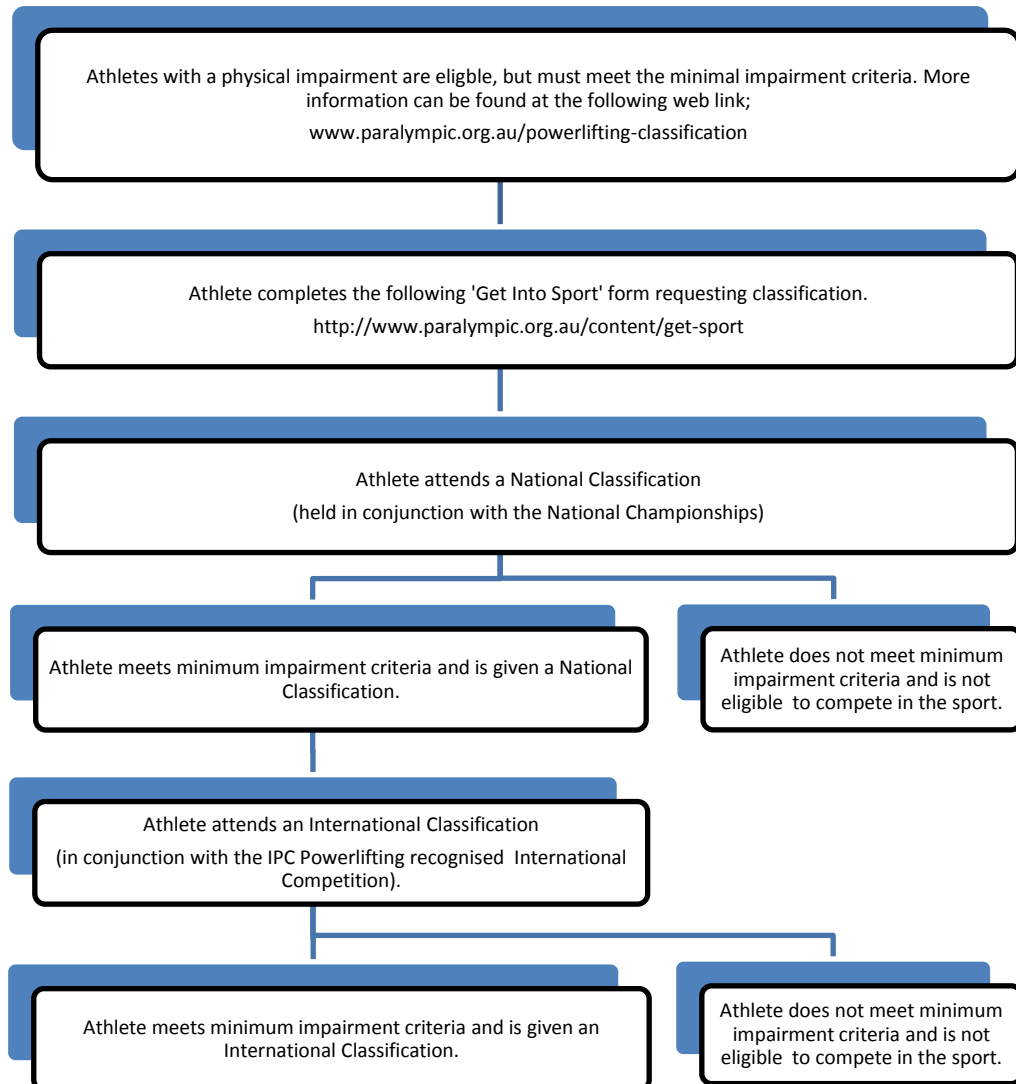
- o Athletes are to contact the APC should they wish to compete internationally. Athletes should contact APC Classification Services via email classification@paralympic.org.au.

IPC Powerlifting manages the processes for international level classification and the international classification opportunities. Athletes are required to attend international classification if they are:

1. International New (never been classified internationally)
2. International Review (have been classified internationally and allocated a review status)

Athletes must meet all the medical diagnostic requirements as indicated by IPC Powerlifting prior to being scheduled for international classification. Athletes should request the information about the requirements from the APC Classification Services.

Classification Pathway



3.6 Classifiers

Australian Powerlifting Classifier Pathway

Classifiers are trained and certified officials who assess athlete's impairments to determine their sport class and sport class status, according to the International classification rules for their sport. Classifiers have either medical or technical qualifications, combined with sport specific expertise. Classifiers work in a voluntary capacity at a state, national and international level.

Powerlifting Classifiers

Powerlifting classifiers are officials who assess athletes to determine if they meet minimal eligibility and allocate a class for competition.

In Powerlifting, individuals are trained as medical or technical classifiers as per IPC Powerlifting classification rules.

Classifiers work with the Australian Paralympic Committee and other Australian classifiers.

Classifier Training

The Australian Paralympic Committee identifies the needs for classifier development and supports classifier training.

The process involves identifying suitably qualified and interested individuals with appropriate qualifications to progress through the pathway.

Training is based on the IPC-Powerlifting pathway and classification rules:

www.paralympic.org/powerlifting/rules-and-regulations/classification

Classifier Pathway Summary

Potential Classifier (Stage 1)

- a. Pre-requisite qualifications

To be eligible to complete the Australian Classifier pathway candidates must meet the following prerequisites:

Medical classifiers

- o Currently registered medical professional (physiotherapist or medical doctor)
- o Minimum 5 years clinical experience with people with a physical impairment.

Technical classifiers

- o Must hold a Tertiary qualification in sport science/kinesiology/biomechanics or physical education;
- o Sport specific experience (e.g. coach, referee)

Involvement in Powerlifting

All individuals must have a strong understanding of Powerlifting and individuals with physical impairments.

- b. Introductory Classifier Training

Introduction to classification is done through observation at state and/or national championships. Successful completion of Stage 1 is required to progress to Stage 2.

National Trainee Classifier (Stage 2)

a. Face to face training course

Individual meeting the above criteria are eligible to attend the Level 1 IPC-Powerlifting training course. This program is run by approved Classification Educators for Powerlifting. Upon successful completion of the programme individuals shall be awarded National Trainee Classifier status in their sport.

b. Practical or Competition based classification training

Trainee National Classifiers undertake classification as part of a panel whilst being mentored.

c. Certification as National classifier

Subject to meeting all criteria above individuals will be certified by the APC as Australian National Classifiers

National Classifier (Stage 3)

a. Classification – Athlete Evaluation opportunities.

National classifiers are typically appointed to state based sporting events as part of a classification panel, and can expect to participate in a state based competition annually. They may also be appointed to a classification panel for the National Championships.

a. Ongoing education

National classifiers are expected attend any relevant classification updates as a part of their continued learning.

Trainee International Classifier

National classifiers may be identified to attend international classifier training and certification as experience and competencies develop.

International Classifier training is specified by IPC- Powerlifting.

International classifier trainees must be endorsed by the APC and may be requested to mentor trainee classifiers following their course.

International Classifier

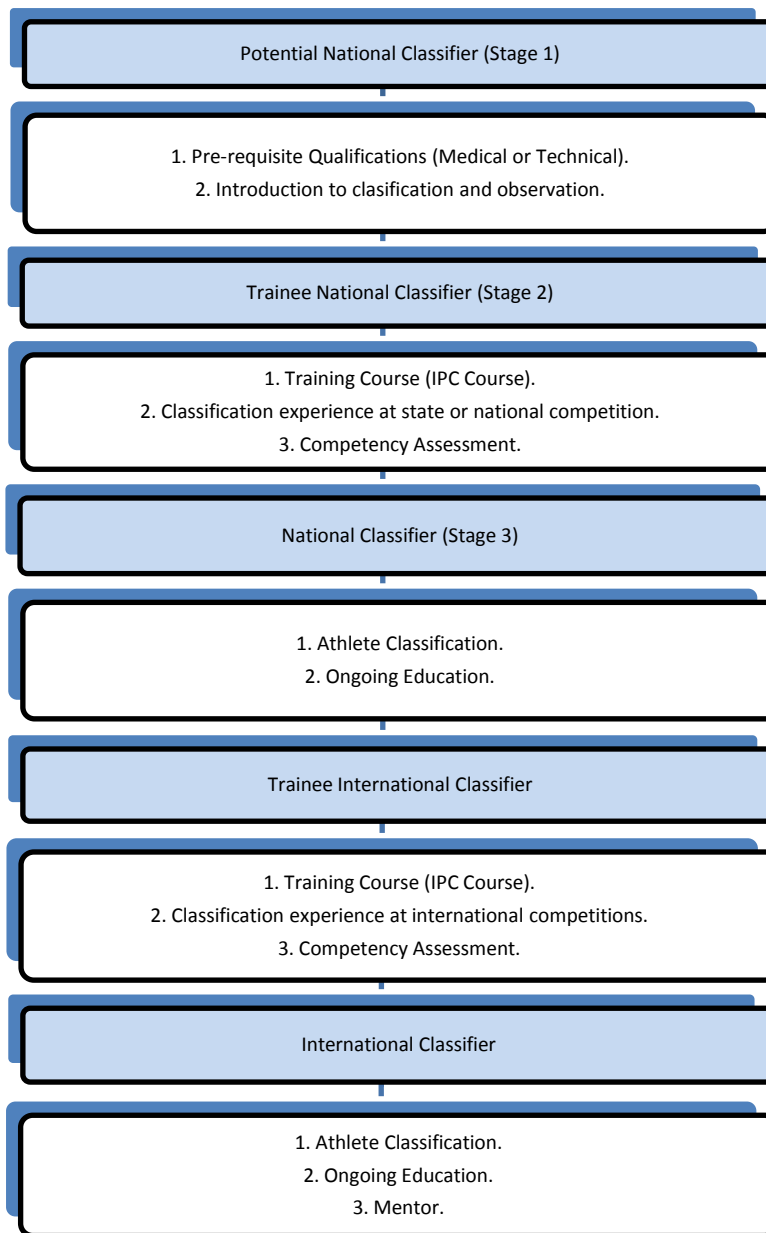
International Classifier certification and training is specified by IPC-Powerlifting. International classifiers may be asked to mentor national trainees when involved in classifier activities in Australia.

Australian National Classifiers (Current as of October 2014)

Penny Dayan, VIC

Sean Marcoola, QLD

Classifier Pathway



3.7 Training centers

Wheelchair Sports NSW (includes ACT)

Contact: Mark Wilson, Development Coordinator

Ph: 02 9809-5260

Email: MarkW@wsnsw.org.au

Web: www.wsnsw.org.au

The Gym

Sporting Wheelies and Disabled Association
60 Edmondstone Road, Bowen Hills QLD 4006

Contact: Robyn Stephensen

Ph: 07 3253-3333

Email: robyns@sportingwheelies.org.au

Web: <http://www.sportingwheelies.org.au/our-services/fitness-and-rehabilitation/the-gym>

Body World (ambulant athletes only)

Top Floor, 285 Carlisle Street, East St Kilda VIC 3184

Contact: Jessica Gray

Ph: 0424 176 375

Email: sfhealth@live.com

Web: <http://bodyworld.com.au/site/locations/balaclava>

Muscle Pit

25 Crawford St, Cannington, WA 6101

Ph: 08 9358-1131

Email: thecrew@musclepit.com.au

Web: www.musclepit.com.au

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>

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

Western Force Gym

Meagher Drive (Underwood Ave), Perth WA 6014

Contact: Charlie Higgins

Ph: (08) 9387 0756

Email: charlie.higgins@rugbywa.com.au

Contact: Brendyn Appleby

Ph: (08) 9387 0754

Email: Brendyn.appleby@rugbywa.com.au

4. Current situation

4.1 APC Performance Coordination

Licensing

The APC will continue, on behalf of Powerlifters, to manage the IPC athlete registration and licensing administration process. This will involve registering new athletes, updating athlete biographies, license purchasing (athlete invoiced) and all administration with the IPC.

NB: Athlete responsible for the cost of license.

Classification

The APC is committed to ensuring that Australian athletes with physical, vision and intellectual impairment have access to classification at all levels of their sporting pathway. The APC leads the strategic direction of classification within Australia, ensuring ongoing compliance with IPC Classification Code and the International Federation Classification Rules.

The APC will continue to coordinate classification opportunities, when needed, at state or national championships. Athletes must register their interest using the 'Get Into Sport' form on the APC website. The APC will then coordinate with QSW to conduct classification.

Event entries

It will be the responsibility of the athlete to identify local, state and national competition opportunities and to coordinate all logistics with regards to each competition. Such logistics may include;

- Registration forms/requirements;
- Payment of entry fee;
- Travel arrangements (ground and air);
- Accommodation;
- Details of competition schedule;
- Training time slots;
- Attend pre event briefings and/or meetings.

The APC will continue to coordinate athlete funded access to international competition opportunities which may include;

- Endorsement of athlete competition entries (which may or may not include accommodation, ground transport and catering access, where this is provided by the event organisers/local organising committees);
- Submission of competition registration and entries;
- Access to APC travel insurance;
- Liaison with event organisers/local organising committees; and
- Advice regarding visas.

Athletes will be responsible for the costs associated with the event and air travel arrangements.

Communication

It will be the responsibility of the athlete to keep themselves informed on all aspects of their sport via the IPC and APC websites. That being said, the APC will endeavour to communicate with athletes in relation to;

- Competition opportunities;
- Individual grant and funding opportunities;
- IPC rules and regulation changes;
- Classification opportunities and/or changes;
- Paralympic qualification criteria changes;

Not with-standing the aforementioned, the APC will continue to communicate with the IPC on behalf of the athlete and relay such communication onto the athlete.

4.2 Licensing

Athlete Registration and License

Athletes must be registered in the Sport Data Management System (SDMS) 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 his/her career and that will be included on all athlete documentation.

Athletes must be licensed in the SDMS to have their results eligible for recognition for Official Rankings and as record breaking performances.

An athlete will be considered licensed once their NPC/NSF has applied for a season license in one sport and the license package fee payment has been confirmed by the IPC. All licensed athletes will be assigned a season license number for the respective sport.

Should an athlete retire from competition, it is the responsibility of his/her NPC/NSF to officially declare their retirement by cancelling the athlete registration in the SDMS and notifying the IPC in writing.

For the 2014 IPC Athlete Registration and Licensing Programme, see Appendix F.

For the IPC Sport Data Management System User's Guide, see Appendix G.

4.3 Competition

Athlete Participation

At the Paralympic Games, World Championships and Regional Championships and some specific IPC Recognized Competitions all athletes must be licensed to compete. This requirement will be included in the qualification guides of these competitions. Further requirements for eligibility to compete like an additional licensing deadline will be outlined in these guides if applicable. At other IPC Recognized Competitions only athletes that are licensed may have their results recognized.

Rankings

The following matrix outlines by ranking type the licensing and sport class status requirements:

| List Name | License Required | Sport Class Status Required |
|--|------------------|-----------------------------|
| Official World Rankings List (Jan – Dec) | Yes | R, C |
| Official Regional Rankings List (Jan – Dec) | Yes | R, C |
| Annual Recorded Best Performances (Jan – Dec) | Yes | N, R, C |
| Minimum Qualification Standard (MQS) Lists by relevant competition | Yes | (N), R, C |
| Start Date – End Date of Qualification Period | | |

If a licensed athlete with a New "N" sport class status is internationally classified and receives a Review "R" or Confirmed "C" sport class status prior to the end of the season, the athlete's performances during that season will be included in the Official Rankings.

If a licensed athlete with a New "N" sport class status is internationally classified and receives a Review "R" or Confirmed "C" sport class status prior to the end of the qualification period, the athlete's performances during that qualification period will be included in the Minimum Qualification Standard (MQS) List for the relevant competition.

Records

Athletes must have a license and have a Confirmed "C" sport class status (or be specially designated with a Review "R" sport class status with a date for review due to maturity or the progressive nature of their impairment) to be eligible for recognition of a record breaking performance.

| List Name | License Required | Sport Class Status Required |
|--|------------------|-----------------------------|
| Official World Record | Yes | C (R) |
| Official Regional Record | Yes | C (R) |
| Official Paralympic Record | Yes | C (R) |
| Official World Championships Record | Yes | C (R) |
| Official Regional Championships Record | Yes | C (R) |
| Official Regional Games Record | Yes | C (R) |

(R): Review "R" sport class status with a date for review due to maturity or the progressive nature of their impairment.

If a record breaking performance is set by an athlete with a New "N" or Review "R" sport class status at an IPC Recognized competition, the NPC has six (6) weeks in Athletics, Powerlifting,

Shooting, or Swimming, respectively, after the end of the competition to present the athlete for an international classification assessment. The record breaking performance will be recognized if the outcome of the athlete's classification assessment validates the original sport class and he/she is allocated a Confirmed "C" sport class status (or be specially designated with a Review "R" status with a date for review due to maturity or the progressive nature of their impairment).

Classification

In any IPC Recognized Competition where international classification is available, licensed athletes will have scheduling priority over registered athletes.

Qualification

For each IPC Recognized Competition with a qualification criteria, the IPC will outline the specific eligibility conditions that athletes are required to meet to participate in that competition, including nationality, Minimum Qualification Standards, International Classification Sport Status, Athletes Licensing requirements, etc.

4.4 Funding opportunities

Australia's Winning Edge, our nation's high performance sporting strategy, underpins our ambition to develop world best athletes capable of producing world best results. A key element of Australia's Winning Edge is to prioritise support to the athletes who have the greatest potential to contribute to these targets.

The dAIS scheme provides an opportunity for athletes in Olympic, Paralympic and Commonwealth Games sports to receive a direct cash grant from the Australian Government. Athletes may be nominated by their National Sporting Organisation (NSO) to receive a dAIS grant if they:

- Achieved a podium result at a recent world championship level event and are expected to maintain that level of performance; or
- Demonstrate potential to achieve a podium result at a future world championship level event, and,
- Meet the eligibility criteria as set out in the dAIS guidelines.

These guidelines provide an outline of the scheme to athletes and NSOs. They are subject to change and may be updated from time to time.

The dAIS scheme supersedes the previous Direct Athlete Support scheme and is administered by the AIS.

For more information on the AIS dAIS;

[http://www.ausport.gov.au/ais/australias_winning_edge/dais - athlete assistance](http://www.ausport.gov.au/ais/australias_winning_edge/dais_-_athlete_assistance)

Eligibility for the Australia's Winning Edge Athlete Categories

The non-performance related eligibility requirements, which may refer to the terms of the contract between the athlete and the NSO. At a minimum the athlete should:

- Be an Australian citizen and eligible and available to represent Australia in international competition;
- Be actively training towards the next benchmark event;
- Be a registered member of their NSO, have a signed athlete agreement, and have an agreed athlete performance plan with their NSO;
- Comply with all anti-doping requirements of their sport, the NSO and the Australian Sports Commission (ASC);
- Maintain a lifestyle conducive to sporting excellence;
- Abide by both the rules and the spirit of their sport;
- Maintain the high standard of personal behaviour expected of an athlete representing Australia;
- Not bring their sport, the NSO or the ASC into disrepute; and
- Para-athletes should hold a review or confirmed status international classification. The international classification must align with the sport class for which they are categorised. Any Para-athlete without an international classification cannot be categorised higher than *Level 5 – Emerging*.

Sport and Recreation Departments**Sport and Recreation Grants - QLD**

Phone: 1300 656 191

Email: srs.info@nprsr.qld.gov.au

Website: <http://nprsr.qld.gov.au/funding/index.html>

Sport and Recreation Grants - ACT

Phone: 02 6207-5992

Email: Liz.Yuen@act.gov.au

Website: www.economicdevelopment.act.gov.au/sport_and_recreation/support/grants

Sport and Recreation Grants - NSW

Phone: 02 9006 3723

Email: margot.zaska@communities.nsw.gov.au

Website: www.dsr.nsw.gov.au/grants

Sport and Recreation Grants - NT

Phone: 08 8982 2358

Email: sporting.events@nt.gov.au

Website: <http://www.sportandrecreation.nt.gov.au/sport-and-recreation/grants#.U9hq-7Fi2wQ>

Sport and Recreation Grants - SA

Phone: 08 7424 7708

Email: ORSGrants@sa.gov.au

Website: <https://www.recSPORT.sa.gov.au/funding-scholarships/index.html>

Sport and Recreation Grants - TAS

Phone: 1800 252 476

Email: sportrec@development.tas.gov.au

Website: http://www.dpac.tas.gov.au/divisions/csrt/sportrec/funding_opportunities

Sport and Recreation Grants - VIC

Phone: 1300 366 356

Email: none – apply online

Website: <http://www.dpcd.vic.gov.au/sport/grants-and-funding>

Sport and Recreation Grants - WA

Phone: 08 9492 9700

Email: info@dsr.wa.gov.au

Website: <http://www.dsr.wa.gov.au/funding>

5. Appendices

5.1 Attachments

Appendix A – IPC Rio 2016 Paralympic Games Powerlifting Qualification Guide

Appendix B – 2015 IPC Powerlifting Americas Open Championships documents

Appendix C – 2015 IPC Powerlifting Asian Open Championships documents

Appendix D – 2015 IPC Powerlifting European Open Championships documents

Appendix E – IPC Powerlifting Referees Qualification and Development Pathway

Appendix F – 2014 IPC Athlete Registration and Licensing Programme

Appendix G – IPC Sport Data Management System User's Guide