

## Para-Powerlifting Information Sheet

### About the Sport

Para-powerlifting is the ultimate test of upper body strength. Athletes are given three attempts and the winner is the athlete who lifts the highest number of kilograms.

Bench press is currently the only Para-powerlifting discipline contested at the Paralympic Games, with 10 weight divisions for male and female athletes.

Competitors are required to lower the bar to their chest, hold it motionless, and then press it upwards to arm's length with locked elbows.

### Who can compete?

Para-Powerlifting is open to the athletes with a physical impairment, who compete in men's and women's events by weight classes. Athletes are required to submit medical reports and meet the minimum impairment criteria in order to compete.

Eligible impairments	Description	Minimum Impairment Criteria
Loss of limbs	Partial or complete absence of bones or joints due to amputation or deficiency from birth.	Amputation through at least one ankle joint or a leg deficiency from birth at the same level.
Muscle weakness/Impaired muscle power	Muscle weakness or paralysis from conditions such as muscular dystrophy, multiple sclerosis, nerve damage, spinal cord injury or other spinal condition.	Muscle weakness in the ankle, knee or hip in one or both legs.
Co-ordination impairments - Hypertonia, Ataxia, Athetosis	Impairments from neurological conditions such as acquired brain injury, cerebral palsy and multiple sclerosis that affect co-ordination and smoothness of movement and balance.	Co-ordination or movement difficulties in one or both legs.

Eligible impairments	Description	Minimum Impairment Criteria
Restricted joint movement/ Impaired passive range	Restricted movement or tightness in a joint/s from conditions such as joint fusions and other conditions restricting movement	Movement restriction in at least one hip or knee or severe scoliosis in the spine.
Short Stature	Reduced standing height and limb length from conditions such as achondroplasia or other conditions that affect growth	Standing height must be less than or equal to 145 cm (male) or 140 cm (female)
Leg length difference	Significant difference in leg length due to a deficiency at birth or trauma.	Minimum difference of 7cm in length between the legs

## Para-Powerlifting Sport Classes

Sport Class	Description (Guide Only)
Athletes with a <b>Physical Impairment</b>	
Eligible (E)	Athletes have an impairment in the legs or spine and meet the minimum criteria for the sport.
Not Eligible (NE)	Athlete does not meet the minimum criteria for the Para-sport classes but may still be able to compete. Contact Paralympics Australia for more information.

### Find out more

To get involved or for more information contact:

**[Paralympics Australia](#)**

**W: [www.paralympic.org.au](http://www.paralympic.org.au)**

**E: [info@paralympic.org.au](mailto:info@paralympic.org.au)**

**P: 02 9704 0500**



**Note:** The classification information provided is intended as a guide only. Only authorised classifiers are able to provide a formal classification in accordance with the rules of the sport.

