Introduction

Dear Para Powerlifting Community,

In an effort to improve the openness with communications across the community, and provide more thorough and timely updates regarding the sport, a Quarterly Update will begin to be published at the end of each three month period:

- Quarters #1 and #2: July 2020
- Quarter #3: October 2020
- Quarter #4: January 2021

The Quarterly Updates will feature news, updates and links related to different focus areas of World Para Powerlifting.

If you have any questions, concerns or comments, please feel free to reach out to us.

Thank you,

World Para Powerlifting Management Staff
World Para Powerlifting Sport Technical Committee Members
World Para Powerlifting Advisory Group Members
Competition Development

- In February, a World Cup competition was successfully hosted in Abuja, NGR for 124 athletes from 17 countries.
  - Abuja marked the first time ever a World Cup competition was hosted in the region of Africa.

- In February, Manchester, GBR hosted a World Cup competition where 104 athletes from 24 countries competed.

- The World Cups in Abuja and Manchester were on the Paralympic Games Qualification Pathway and allowed athletes to increase their ranking.

- In March, IWAS announced the 2020 Games set to take place in Nakhon Ratchasima, THA were postponed from April to 10-17 December. Further details will be communicated once confirmed.
  - The Para powerlifting competition is set to be considered a World Cup on the Paralympic Games Qualification Pathway.

- In March, the 2 remaining World Cups in Bogota, COL and Dubai, UAE were cancelled.
  - In light of this, WPPO, in consultation with the IPC, confirmed that all athletes who were registered in the Entry List by Name were considered to have satisfied the eligibility requirement in the Paralympic Games Qualification Pathway (“to have competed in one WPPO sanctioned competition between 1 January and 23 April 2020”).
**Competition Development**

- Beginning in April, “Raise The Bar Together”, an online competition series began being hosted. Athletes submit videos of their lifts online and are judged by Technical Officials.
  - Over 3 competitions, over 110 athletes from every region has participated. To view the full results, click [here](#).
  - WPPO partner, Eleiko is supporting the competition by providing a bar to the overall series winner.
  - New rule innovations are being tested and receiving feedback.
  - 2 online competition remain in August and September; for more information, click [here](#).

- In April, a revised Qualification Criteria and Pathway for the Tokyo Paralympic Games were published.
  - The main revision from the previous version was: “Athlete must have participated in one WPPO Recognised Competition (excluding WPPO Approved Competitions) between 1 November 2020 and 27 June 2021”. To see the full document, click [here](#).
  - Revised competition dates will be distributed in the coming Quarterly Update.
Competition Development

- Santiago, CHI will be the host of an international competition, open to 6 other countries, on 13 December 2020.
  - Further details will be communicated in the next Quarterly Update.

- In June, BRN was announced as the host of the 2021 Asian Youth Para Games.
  - Para powerlifting is set to be on the programme.
  - The Games are set take place 1-10 December 2021 (Para powerlifting competition dates not yet set).

- Two World Cups (competitions on the Paralympic Games Qualification Pathway/eligible to increase rankings) are being planned for 2021, in different regions, between January and June. Once confirmed, further details will be communicated.

- The 2021 Senior and Junior World Championships are set to place in the last quarter of the year, after the Paralympic Games. Further details will be communicated once confirmed.

- Details regarding the 2022 Commonwealth Games such as the competition dates and qualification criteria will be communicated by the Commonwealth Games Federation through the Commonwealth Games Associations when confirmed.
Sport and Athlete Development

- In January, World Para Powerlifting officially launched the Lift Educational Video Database (LiftED) free for all stakeholders. The Database features over 6,000 lifts filmed from technical angles at major competitions.
  - To learn more, click [here](#).
  - To access LiftED, click [here](#)

- In February, World Para Powerlifting, with the support of the Agitos Foundation, supported 23 targeted athletes and their coaches from 9 countries attend the Abuja 2020 World Cup.

- From January to February, World Para Powerlifting delivered educational courses for athletes, coaches and technical officials in the following countries: CIV, USA, NGR and GBR.
  - If you’re interested in hosting or participating in an educational course face-to-face or online, learn more [here](#).
Sport and Athlete Development

- Beginning in April, over 100 free continued professional development resources in multiple languages for athletes, coaches and administrators were crowd-sourced.
  - To access the list, click here.

- In April, version 1.1 of the Technical Official Handbook was published with minor grammatical corrections added.
  - To see the full document, click here.

- In April, the Level 3 Technical Official Course was piloted to 30 select participants through an online, self-directed learning platform to much success.
  - To participate in future editions, interested participants can submit their information here.

- In April, the Technical Official Hub was launched to all Level 1 and 2 Technical Officials, providing a living area to provide rule interpretations and ongoing education to Technical Officials around the world.
  - In the future, all Level 3 Technical Officials will be provided access to this platform.
  - Various discussions, activities and modules on relevant topics have been continuously added.
Sport and Athlete Development

- In May, COL hosted webinars on the Technical Rules, Classification Rules and Technical Officiating for various stakeholders in Spanish.
  - To access these, click [here](#).

- In May, support from key Technical Officials and members permitted the Technical Rules and Regulations to be translated to different languages (the English version always take precedent).
  - To access the French version, click [here](#).
  - To access the Ukrainian version, click [here](#).
  - To access the Russian version, click [here](#).

- In May, a Research Report which summarises various academic research on Para powerlifting was published.
  - To access the Research Report, click [here](#).

- In June, World Para Powerlifting was nominated for a European Commission #BeInclusive Sport Award related to their gender equality project, She Can Lift: Women in Para Powerlifting Programme.
Brand and Media

- In April, a documentary about the life of ESP athlete, Loida Zabala was premiered on the WPPO Facebook page.
  - To watch the documentary, click here.

- In May, different Fan Challenges were launched to engage the Para powerlifting community.
  - Bring the Kilos Alive!: The community was asked to submit how many kilos they can lift and see how they match with top Para powerlifting athletes in the world, and compare their strength to the weight of different items and animals. To participate, click here.
  - Fantasy Team Game: The community had the chance to build their own fantasy team of athletes participating in the online competitions, and compare with the official team captain, friends and others. To participate, click here.

- From April to June, American media website BarBend collaborated with WPPO to feature four athletes:
  - Donato Telesca ITA: To read the article, click here.
  - Ni Nengah Widiasih INA: To read the article, click here.
  - Sherif Osman EGY: To watch the interview, click here.
  - Garrison REDD USA: To read the article, click here.
Funding and Partnerships

- In February, charity, Kit Us Out, announced a partnership extension with WPPO that will see athletes from developing countries benefit from lifting suit donations ahead of major competitions.
  - To learn more about the partnership, click [here](#).

- In February, Eleiko launched their collection of approved lifting suits, accessories and clothing.
  - To view the collection, see the prices and learn about the ordering process, click [here](#).

- In May, BIGSER became an approved supplier of lifting suits, accessories and clothing until 2024.
  - To learn more about BIGSER, click [here](#).
  - In the coming Quarterly Update, more information about their products and the ordering process will be shared.

- In May, Limitless Identity Fashion became an approved supplier of lifting suits, accessories and clothing until 2024.
  - To learn more about Limitless Identity Fashion, click [here](#).
  - In the coming Quarterly Update, more information about their products and the ordering process will be shared.
Organisation Infrastructure

- In February, World Para Powerlifting became the first World Para Sport to implement digital classification improving the experience for athletes and classifiers.

- In March, a temporary Tokyo Paralympic Games Qualification Pathway Ranking List was produced recognising entries for the World Cups postponed in Bogota and Dubai. A marker to highlight if an athlete is ranked in multiple categories is also available.
  - To access the temporary ranking list, click here.

- In March, WPPO published a consolidated document of their Annual Reports from 2010 through 2018, excerpted from the IPC Annual Report.
  - To view the document, click here.

- In April, various revisions to the SDMS Ranking Lists were made:
  - A filter for age group was added to differentiate Junior and Senior Rankings.
  - A “kilo-for-kilo” ranking list was created to compare athletes by AH score instead of bodyweight category.
  - To view these changes, click here.

- In April, historical competition result books were added up until 2017.
  - To access these, click here.

- From March through April, all Advisory Groups held meetings regarding the topics and follow-up from the Sport Gathering Report.

- In May, the Sport Technical Committee held meetings to provide ongoing updates, the Sport Gathering Report and rule changes for the forthcoming cycle.
  - The consultation process with membership for the revised Technical Rules will begin in quarter #3. Further information will be communicated in the next Quarterly Update.

- On an ongoing basis, bi-weekly consultation meetings were held with Athlete Representative, Sherif Osman EGY, regarding a variety of topics including technical rules and regulations, competitions, education and development.
Raise The Bar with World Para Powerlifting

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