World Para Powerlifting Rules and Regulations
March 2022

Version 1.1

英語と日本語の間に雑誌がある場合は英語の意味を優先してください。
このルールブックは、2022年度国庫補助事業により作成しています。
# Table of Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction</td>
<td>5</td>
</tr>
<tr>
<td>Definitions</td>
<td>6</td>
</tr>
<tr>
<td>Section A: WPPO Regulations</td>
<td>10</td>
</tr>
<tr>
<td>1 General Provisions</td>
<td>10</td>
</tr>
<tr>
<td>2 WPPO Recognised Competitions</td>
<td>12</td>
</tr>
<tr>
<td>3 Eligibility and Classification</td>
<td>16</td>
</tr>
<tr>
<td>4 Anti-Doping</td>
<td>18</td>
</tr>
<tr>
<td>5 Medical</td>
<td>19</td>
</tr>
<tr>
<td>6 Technology and Equipment</td>
<td>22</td>
</tr>
<tr>
<td>7 Disciplinary Rules</td>
<td>23</td>
</tr>
<tr>
<td>8 Protests and Appeals</td>
<td>24</td>
</tr>
<tr>
<td>9 Officials, Venues and Solidarity</td>
<td>25</td>
</tr>
<tr>
<td>Section B: WPPO Rules</td>
<td>29</td>
</tr>
<tr>
<td>Section B1 – Power</td>
<td>29</td>
</tr>
<tr>
<td>10 Power Rules</td>
<td>29</td>
</tr>
<tr>
<td>11 Age Groups</td>
<td>33</td>
</tr>
<tr>
<td>12 Entries</td>
<td>34</td>
</tr>
<tr>
<td>13 Lot Number</td>
<td>37</td>
</tr>
<tr>
<td>14 Categories and Groups</td>
<td>38</td>
</tr>
<tr>
<td>15 Weigh-in</td>
<td>40</td>
</tr>
<tr>
<td>16 Athlete Uniform and Personal Equipment</td>
<td>42</td>
</tr>
<tr>
<td>17 Kit Check</td>
<td>48</td>
</tr>
<tr>
<td>18 Warm-Up</td>
<td>49</td>
</tr>
<tr>
<td>19 Athlete and Technical Official Introduction</td>
<td>50</td>
</tr>
<tr>
<td>20 Individual Event</td>
<td>51</td>
</tr>
<tr>
<td>21 Team and Mixed Team</td>
<td>54</td>
</tr>
<tr>
<td>22 Chief Referee Commands</td>
<td>56</td>
</tr>
<tr>
<td>23 Lift Executions</td>
<td>56</td>
</tr>
<tr>
<td>24 Lift Challenge</td>
<td>60</td>
</tr>
<tr>
<td>25 Errors on the Field of Play</td>
<td>63</td>
</tr>
<tr>
<td>26 Records</td>
<td>64</td>
</tr>
<tr>
<td>27 The Power Lift</td>
<td>66</td>
</tr>
<tr>
<td>28 Results</td>
<td>68</td>
</tr>
<tr>
<td>Section</td>
<td>Title</td>
</tr>
<tr>
<td>---------</td>
<td>-------------------------------------------------</td>
</tr>
<tr>
<td>29</td>
<td>Medal Awards</td>
</tr>
<tr>
<td>30</td>
<td>Rankings</td>
</tr>
<tr>
<td></td>
<td>Section B2 - Station</td>
</tr>
<tr>
<td>31</td>
<td>Station Rules</td>
</tr>
<tr>
<td>32</td>
<td>Entries</td>
</tr>
<tr>
<td>33</td>
<td>Officials' Responsibilities</td>
</tr>
<tr>
<td>34</td>
<td>Kit Check</td>
</tr>
<tr>
<td>35</td>
<td>Athlete Uniform and Personal Equipment</td>
</tr>
<tr>
<td>36</td>
<td>Warm-up</td>
</tr>
<tr>
<td>37</td>
<td>Event</td>
</tr>
<tr>
<td>38</td>
<td>Station Programme</td>
</tr>
<tr>
<td>39</td>
<td>Station Format</td>
</tr>
<tr>
<td>40</td>
<td>Stations</td>
</tr>
<tr>
<td>41</td>
<td>Judgement</td>
</tr>
<tr>
<td>42</td>
<td>Results, Medal Awards and Rankings</td>
</tr>
</tbody>
</table>
List of Appendices

Appendix 1: WPPO 2021-2024 Qualification Pathway
Appendix 2: WPPO Hosting Competition Application
Appendix 3: WPPO Technical Officials Handbook
Appendix 4: WPPO Uniform Advertising Guidelines
Appendix 5: WPPO Venue requirements
Appendix 6: WPPO Equipment requirements
Appendix 7: WPPO Scoring System
Appendix 8: WPPO Speaker Announcer Script
Appendix 9: WPPO Loading Chart
Appendix 10: WPPO MOS Table
Appendix 11: WPPO Protocol Guide
Appendix 12: WPPO Hybrid requirements

WPPO 参照：Para Powerlifting Rules and Regulations (paralympic.org)
Introduction
序章
Preamble
前文
These World Para Powerlifting ("WPPO") Rules and Regulations are mandatory for all WPPO Recognised Competitions. The overall governance and management of all World Para Sports (including WPPO) is subject to the detailed provisions of the IPC Handbook.

ワールドパラパワー・リフティング（「WPPO」）のルールと規程は、すべてのWPPO公認競技会に必須。全てのワールドパラスポーツ（WPPOを含む）の全体的なガバナンスと管理は、IPCハンドブックの詳細な規定に従うものとする。

Section A of this document consists of the WPPO Regulations. Section B consists of the WPPO Rules.
セクションAにはWPPO規程、セクションBにはWPPOルールが記載されている。

Section B1 of WPPO Rules contains the rules on the Power discipline. Section B2 of the WPPO Rules contains the rules on the Station Discipline.
WPPOルールのセクションB1には、パワーパワーの競技実施ルールが、B2には、ステーションルールが書かれている。（ただしステーションルールは現在WPPOでは実施されていないので、日本語訳なし。）

Governance
ガバナンス
The International Paralympic Committee ("IPC") acts as the International Federation for the sport of Para powerlifting. It is responsible for, amongst other things, organising international Competitions and drawing up rules and regulations relevant to the sport of Para powerlifting and ensuring that they are followed. IPC carries out its responsibilities as International Federation under the name “World Para Powerlifting”, and the term "World Para Powerlifting" should therefore be read in these Rules and Regulations as being equivalent to IPC.

国際パラリンピック委員会（「IPC」）は、パラパワーリフティングの国際連盟として機能する。とりわけ、国際大会を開催し、パラパワーリフティングルールを確実に守られるようする責任がある。IPCは、「ワールドパラパワーリフティング」という名称で国際連盟としての責任を果たす。したがって、「ワールドパラパワーリフティング」という用語は、これらのルールおよび規則ではIPCと同等とみなされる。

World Para Powerlifting Classification Rules and Regulations
ワールドパラパワーリフティングクラス分けルール

The WPPO Classification Rules and Regulations are an integral part of these Rules and Regulations and are available at www.paralympic.org/powerlifting/classification. Terms which are defined in the WPPO Classification Rules and Regulations and appear in these Rules and Regulations shall have the meaning given to them in the WPPO Classification Rules and Regulations, unless otherwise defined in these Rules and Regulations.

WPPOのクラス分けルールは、競技実施上不可欠で、www.paralympic.org/powerlifting/classificationで入手できる。WPPOクラス分けで定義され、表示される用語は、特に指示がない場合、WPPOルールと同等とする。

Changes to These Rules and Regulations
ルールの変更
Please note that these Rules and Regulations may be changed at any time as a result, for example, of changes in Classification-related matters or where WPPO otherwise considers it necessary to do so.

Definitions

**Athlete  選手**: for the purposes of the Rules, any person who participates in Para powerlifting at the international level (as defined by WPPO) or national level (as defined by each National Federation) and any additional person who participates in sport at a lower level (if designated by the person’s National Federation).

ルール上、国際レベル選手（WPPOで定義）、国内レベル選手（各国連盟で定義）およびそれより下のレベルで各国連盟の承認の元パワーリフティングに参加する人を言う。

**Bodyweight Category(ies) 各体重クラス**: the separate weight classes within each Event.

各競技会中の個別の体重クラス

**CF  CF**: Coefficient Formula. 係数（体重の異なる選手を比べるための指標）

**Classification  クラス分け**: grouping Athletes into Sport Classes (as defined in the IPC Athlete Classification Code) according to how much their impairment affects fundamental activities in each specific sport or discipline. This is also referred to as “Athlete Classification”.

アスリートを障害によって分類すること。 （IPC アスリートクラス分け規程で定義されている）。その障害が特定の各スポーツまたは分野の基本的な活動にどの程度影響するかによって異なり、これを「クラス分け」と呼ぶ。

**Competition  競技会**: the entirety of each Session, Event and Round forming a single competition (e.g. a single edition of the WPPO Championships).

各セッション、検挙等、試合、ラウンドの形成で、これら全体で1つの競技会となる。

**Competition Medical Director  競技会医療ディレクター**: the person appointed by the LOC who is responsible for implementing the WPPO ‘Scope of Event Medical Services’.

各大会の組織員会によって任命された「イベント医療サービスの実務」を担当する人物。

**Elite エリート**: Name of the Athlete’s age group where the minimum age is 15 years of age by 31 December of the year of the Competition.

競技会の年の12月31日までに最低年齢が15歳である選手の年齢層を示す。

**eMarshall e マーシャル**:Electronic Marshall 選手の重量申告、ラック高変更等を行うiPad。

**Event イベント**: The period of the Kit Check and Weigh-in processes, the Rounds and the Victory Ceremony forming a single event within a Competition (e.g. the Men’s +107.00 kg event).

キットのチェック、検挙、ラウンド、表彰式が競技会中の一つのイベントとなる（例：男子+107.00 kg級イベント）。

**FOP FOP**: Field of Play; the area where the Event takes place, which contains the Competition platform 4x4m, the bench, the ramps and the stage area

イベントが行われる場所。プラットフォーム4x4m、ベンチ、判定ランプ、ステージエリアが含まれる。
Games: IPC Games, Commonwealth Games, Regional Para Games, Sub Regional Para Games, Youth Para Games, and any other WPPO Recognised Competition identified as a Games by WPPO.

Head-to-Head Lift: Head-to-Head レフト: a tie break lift attempt.

IF Delegate: IF 代表: the person appointed by WPPO who is in charge of the planning and delivery of WPPO Recognised Competitions and has the highest authority over the Competition.

International Federation (IF): 国際連盟（IF）: a sport federation recognised by the IPC as the sole world-wide representative of a sport for Athletes with an impairment that has been granted the status as a Para sport by the IPC. The IPC and IOSD act as an International Federation for certain Para sports.

IOC: the International Olympic Committee. 国際オリンピック委員会

IPC: the International Paralympic Committee. 国際パラリンピック委員会

IPC Games: the Paralympic Games and the Parapan American Games. パラリンピックとパラパングアメリカンゲーム


IOSD: International Organisation of Sport for the Disabled, an independent organisation recognised by the IPC as the sole worldwide representative for a specific impairment group to the IPC.

Jury: 陪審員: the Technical Officials appointed to adjudicate the lift in case of a Lift Challenge at relevant WPPO Recognised Competitions.

Kit Check: キットチェック : the process where the Athlete’s personal uniform and equipment are verified ahead of their Event.

Legends: レジェンド: name of the Athlete’s age group where the minimum age is 45 years of age by 31 December of the year of the Competition.

Lift Challenge: リフトチャレンジ: The process in which an Athlete can protest their own “No Lift” decision.
LiftVRS  リフト VTS: Lift Video Replay System.
LiftED  LiftED: Lift Educational Video Database.
LOC  LOC: Local Organising Committee; it is an organisation appointed to organise a WPPO Recognised Competition.
WPPO 公認競技会を開催するためにつくられた組織委員会。
Lot Number  ロット番号: an identification number allocated to each Athlete according to the World Ranking List per Bodyweight Category.
階級ごとの世界ランキングに従って、各アスリートに割り当てられた識別番号（ロット番号）。
Marshall  マーシャル: The Technical Official responsible for managing lift attempt changes and approving Power Lift requests by Athletes and/or their Team Official.
試技の変更を管理し、選手やコーチからのパワーリフト申請を承認する責任を負うテクニカルオフィシャル。
MQS  MOS: Minimum Qualifying Standard. 表彰の対象となる最低記録表
National Federation: 各国連盟; the national member of an International Federation.
国際連盟に所属する各国連盟（例えば JPPF）
Next Gen:  Next Gen; name of the Athlete’s age group where the minimum age is 18 years of age by 31 December of the year of the Competition, and the maximum age is no older than 20 years of age by 31 December of the year of the Competition.
最低年齢が競技会の年の 12 月 31 日時点で 18 歳であり、最高年齢が競技会の年の 12 月 31 日日に 20 歳である選手の年齢グループの名前。
NPC  各国パラリンピック委員会: National Paralympic Committee; the national member of the IPC who is the sole representative of Athletes with an impairment in that country or territory. These are the national members of the IPC.
各国唯一の IPC 公認連盟。（例えば JPC, 日本パラリンピック委員会）
OCOG  OCOG: Games Organising Committee. ゲーム組織委員会
OVR  OVR: On Venue Results. 大会結果
Para sport  パラスポーツ: sport governed by the IPC Athlete Classification Code and recognised as a Para sport by the IPC.
IPC クラス分けにより、IPC によってパラスポーツとして認定されているスポーツ
PARIS  PARIS: Para Sports Results and Information Services.
パラスポーツの結果と情報。
PowerCOMS  パワー COMS: Para Powerlifting Competition and Operations Management System.
パラパワーリフティング競技進行システム。
PRIS  PRIS: Paralympic Results and Information Services.
パラリンピック結果システム
Referee  審判: the Technical Officials appointed to adjudicate the lift at relevant WPPO Recognised Competitions.
WPPO 競技会で、各試技の判定に指名されたテクニカルオフィシャル
Rookie: name of the Athlete's age group where the minimum age is 15 years of age by 31 December of the year of the Competition, and the maximum age is no older than 17 years of age by 31 December of the year of the Competition.

Round: The period of the Athletes competing their lift attempts.

RTDS: Real-Time Display System.

SDMS: IPC Sport Data Management System.

Session: a combination of several Events in a specific time period during the Competition.

Sport Class: a category for Competition defined by WPPO by reference to the extent to which an Athlete can perform the specific tasks and activities required by a Para sport.

Sport Class Status: a designation applied to a Sport Class to indicate the extent to which an Athlete may be required to undertake Athlete Evaluation and/or be subject to a classification protest.

Team Official: an accredited team member (non-Athlete) who represents their delegation.

Technical Delegate (TD): a person appointed by WPPO to monitor and oversee a WPPO Recognised Competition in liaison with the LOC Competition Manager and WPPO to ensure all technical operations are conducted in accordance with these Rules and Regulations.

Technical Meeting: a meeting for all teams which takes place before any WPPO Recognised Competition to disseminate information on technical matters and logistics related to the Competition.

T&S: Timing and Scoring System.

世界アンチドーピング規程

Weigh-in  検量: the official process to verify the Athlete’s final bodyweight to confirm that the Athlete is within the necessary parameters permitting them to compete within their selected Bodyweight Category.

選手の体重を確認するための公式体重測定。

WPPO  WPPO: World Para Powerlifting.

ワールドパラパワーリフティング

WPPO Approved Competitions  WPPO 公認競技会: international and national endorsed Competitions for the sport of Para powerlifting that have been approved by WPPO.

WPPO によって公認されたパラパワーリフティングの国際国内競技。

WPPO Athlete License  WPPO 選手証: a license issued by the WPPO in accordance with the WPPO Athlete Licensing Registrations to enable Athletes to compete in IPC Games and WPPO Recognised Competitions.

WPPO 選手登録システムに従って WPPO が発行する選手証。

WPPO Championships  WPPO 選手権: WPPO World Championships and WPPO Regional Championships.WPPO

世界選手権、地域選手権

WPPO Recognised CompetitionWPPO  WPPO 公認する競技会: IPC Games, WPPO Championships, WPPO Sanctioned Competitions and WPPO Approved Competitions.

IPC ゲーム、WPPO 選手権、WPPO 公認競技会

WPPO Sanctioned Competitions  WPPO 公認競技会: WPPO World Cups and other WPPO international Competitions determined by WPPO.

WPPO ワールドカップ、WPPO によって決められた国際競技会

Section A: WPPO Regulations

WPPO 規程

1  General Provisions

一般規程

1.1  Scope and application

申請範囲

1.1.1  These Rules and Regulations comprise the WPPO Regulations ("Regulations") and the WPPO Rules ("Rules"), together with the Appendices listed above. The Appendices form an integral part of these Rules and Regulations.

これらのルールおよび規程は、上記の附則とともに、WPPO ルールおよび WPPO 規程で構成される。附則は、ルールや規程を補うもの。
1.1.2 These Rules and Regulations are mandatory for all WPPO Recognised Competitions. All participants (including, but not limited to, Athletes and support personnel, coaches, trainers, managers, interpreters, team staff, officials, medical or paramedical personnel) in any WPPO Recognised Competitions agree to be bound by these Rules and Regulations as a condition of such participation.

これらのルールおよび規程は、すべてのWPPO公認大会に必須。WPPO公認大会の全ての参加者（選手、サポーター、コーチ、トレーナー、マネージャー、通訳、チームスタッフ、役員、医療、パラメディカル要員を含む）は、出場条件としてこれらのルールおよび規程に従うことに同意して参加すること。

1.1.3 The WPPO Classification Rules and Regulations are an integral part of these Rules and Regulations and are located on the WPPO website. The IPC Handbook is an integral part of the governance of the sport of Para powerlifting.

WPPOクラス分け規程は、ルールにとっては、不可欠な部分であり、WPPOWebサイトに掲載されている。また、IPCハンドブックは、パラパワーリフティングスポーツのガバナンスにとって不可欠な部分。

1.1.4 Any matter not addressed in these Rules and Regulations shall be determined by WPPO, in its sole discretion.

ルールや規程に書かれていない項目は、WPPOの裁量で決定する。

1.1.5 This version of these Rules and Regulations will be effective from 7 March 2022 and shall prevail over all previous versions of these Rules and Regulations.

このルールと規程は、2022年3月7日から有効になり、これらのルールおよび規程の以前のすべてのバージョンを優先する。

1.2 Interpretation

解釈

1.2.1 Capitalised terms used in these Rules and Regulations have the meaning given to them in the Definitions list above.

WPPOルールと規程で大文字の略語があるときは、上記定義で表示した単語を参照。

1.2.2 Any comments annotating various provisions of these Rules shall be used to interpret these Rules and Regulations.

注釈は、ルールと規程を解釈するために使用している。

1.2.3 Headings used in these Rules and Regulations are used for convenience only and have no meaning that is separate from the Regulation(s) or Rule(s) to which they refer.

ルールと規程で使用されている見出しは、便宜上使用しているだけで、ルールと規程と何ら変わるものではない。

1.2.4 All references to the words “he”, “his” or “him” in these Rules also mean the words “she”, “hers” or “her”.

これらの規則における「彼」、「彼の」または「彼に」という言葉は、「彼女」、「彼女の」または「彼女に」に読み替えられる。
1.3 Governance

1.3.1 The IPC acts as the International Federation for and governs the sport of Para powerlifting. It carries out these responsibilities under the name “World Para Powerlifting” ("WPPO") and the term “World Para Powerlifting” ("WPPO") must be read in these Rules and Regulations as the IPC and vice versa.

IPC は、WPPO の国際連盟として機能する。「WPPO」という名称でこれらの責任を果たすので、WPPO ルール&規程は、IPC ルール&規程と読み替える。

1.4 Printing of the Rules

1.4.1 These Rules are the copyright property of the IPC and have been published for the benefit of NPCs, Athletes, officials and others who are engaged in an official capacity with WPPO. They may be reprinted or translated by any organisation with a legitimate need to do so, subject to IPC’s continuing ability to assert its copyright in them, including the right to insist on an assignment to the IPC of the copyright in any translated version. Any other organisation must obtain the permission of the IPC prior to reprinting, translating or publishing these Rules and Regulations.

これらの規程は、IPC の著作権所有物であり、NPC、選手、役員、および WPPO の公的な立場にある人々の利益のために公開されている。時には、正当な理由で、再印刷または翻訳される場合がある。ただしその高旨を、これらのルール&規程を再印刷、翻訳、または公開する前に、IPC の許可を得る必要がある。

1.4.2 The English version of these Rules shall be accepted as the authoritative version for the purpose of interpretation.

これらのルール&規程の英語版は、権威ある版となる。

1.5 Amendments to the Rules

1.5.1 These Rules and Regulations may be changed at any time as a result, for example, of changes in Classification-related matters or where WPPO otherwise considers it necessary to do so.

これらのルール&規程は、たとえば、クラス分け事項の変更の結果として、または WPPO が必要であると判断した場合、いつでも変更される。

2 WPPO Recognised Competitions

2.1 Competition levels

2.1.1 WPPO categorises Competitions based on their scale, size, and nature to determine the applicable requirements at each Competition.

WPPO は、競技規模、サイズ、および性質に基づき競技会を分類し、各競技で適用可能な要件を決定する。

2.1.2 WPPO Recognised Competition levels are as follows:

WPPO 公認大会レベルは下記のとおり。
<table>
<thead>
<tr>
<th>Tier</th>
<th>Name</th>
<th>Type</th>
<th>Competitions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>IPC Games</td>
<td>High Performance</td>
<td>• Paralympic Games</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Development/High Performance</td>
<td>• Parapan American Games*</td>
</tr>
<tr>
<td></td>
<td>WPPO Championships</td>
<td>High Performance</td>
<td>• WPPO World Championships (Rookie, Next Gen, Elite and Legends)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Development/High Performance</td>
<td>• WPPO Regional Championships (Rookie, Next Gen, Elite and Legends)</td>
</tr>
<tr>
<td>2</td>
<td>WPPO Sanctioned Competitions</td>
<td>Development/High Performance</td>
<td>• WPPO World Cups</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Development</td>
<td>• Asian Para Games</td>
</tr>
<tr>
<td></td>
<td>WPPO Approved Competitions</td>
<td>Fundamental</td>
<td>• Commonwealth Games</td>
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<td>• Sub Regional Para Games</td>
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<td>• Youth Para Games</td>
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<td>• Other international Competitions</td>
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<td>• Hybrid Competitions</td>
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*This applies only to the Santiago 2023 Parapan American Games

こちらは、2023年のパラパンアメリカンゲームにのみ適用される。

2.2 Competition cycle 競技会サイクル

2.2.1 Unless otherwise determined by the IPC, the cycle for IPC Games, WPPO Championships and WPPO Recognised Competitions is as follows:

IPC によって別途決定されない限り、IPC ゲーム、WPPO 競技会、および WPPO 公認競技会のサイクルは次のとおり。

<table>
<thead>
<tr>
<th>Cycle</th>
<th>Competition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year 1</td>
<td>• WPPO World Championships</td>
</tr>
<tr>
<td></td>
<td>• WPPO World Cups</td>
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<tr>
<td></td>
<td>• Asian Youth Para Games</td>
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<tr>
<td></td>
<td>• Youth Parapan American Games</td>
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<tr>
<td></td>
<td>• WPPO Hybrid Competitions</td>
</tr>
<tr>
<td></td>
<td>• National Competitions</td>
</tr>
<tr>
<td>Year 2</td>
<td>• WPPO Regional Championships</td>
</tr>
<tr>
<td></td>
<td>• WPPO World Cups</td>
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<td>• Asian Para Games</td>
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<td>• WPPO Hybrid Competitions</td>
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<td>• National Competitions</td>
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</tbody>
</table>
### Cycle | Competition
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**Year 3** | - WPPO World Championships  
- WPPO World Cups  
- Parapan American Games  
- WPPO Hybrid Competitions  
- National Competitions

**Year 4** | - Paralympic Games  
- WPPO World Cups  
- WPPO Hybrid Competitions  
- National Competitions

### 2.3 Competition requirements

The organisational requirements and Competition fees for each level of WPPO Recognised Competitions (excluding IPC Games) are outlined in the Competition Rules.

WPPO公認競技会（IPCゲームを除く）の各レベルの要件と認定料金は、附則2に説明されている。

### 2.4 Competition management

2.4.1 The IPC shall manage all IPC Games. IPCがすべての競技会を管理する。

2.4.2 WPPO shall have the right to manage and shall have ultimate jurisdiction over all matters related to WPPO Championships and WPPO Sanctioned Competitions (and may delegate or remove such jurisdiction to the IF delegate or other officials under these Rules and Regulations or as it sees fit) and shall have the power to postpone Competitions and give directions consistent with the rules adopted for conducting Competition. WPPO shall also have the right to oversee all WPPO Approved Competitions.

WPPOは、WPPO競技会およびWPPO公認競技会に関連するすべての事項を管理する権利を有し、最終的な統括権を有するものとする。（また、これらのルール及び規程に基づいて、統括権をIF代表者または他の役員に委任または削除することもできる）そして、競技会の延期や、競争を実施するためのルールを採用する権利を与えるものとする。WPPOは、すべてのWPPO公認大会を監督する権利も有するものとする。

2.4.3 WPPO shall have the right to intercede as necessary in order to resolve any conflicts or issues in any WPPO Recognised Competition, including by requiring an LOC to address any aspect of the Competition or issue in relation to the WPPO Rules and Regulations.

WPPOは、WPPOが公認した競技会の問題を解決するために、必要に応じて介入する権利を有する。これには、LOCに、WPPOのルール及び規程に関連する競技会要件に対処するよう要求することも含まれる。

2.4.4 The words “World”, “Regional” and “World Para Powerlifting” may not be used in connection with any Para powerlifting Competition or Event without the prior written consent of WPPO. In addition, the IPC is the owner of all rights of whatever kind or nature in respect of the terms “Paralympics” and “Paralympic”, the term “Para” when associated with sport or any IPC activities, the IPC motto, flag and anthem, the Paralympic Symbol (three Agitos design) and any other trademarks, logos and other indicia used or intended to be used in the context of the Paralympic Movement.

「世界選手権」、「地域選手権」、「WPPO」という言葉は、事前のWPPOの書面による承認なしに、使用することはできない。IPCは「Paralympics」、「Paralympic」スポーツまたはIPC活動に関連する場合の「Para」という用語、IPCモットー、旗、国歌等の権利の所有者。パラリンピックシンボル（3つのAgitosデザイン）、およびパラリンピックムーブメントの商標、ロゴ等についても、IPCが所有している。
2.4.5 All WPPO Recognised Competitions must be hosted according to the requirements and processes set out in these Rules and Regulations, as outlined in Appendix 2.

すべてのWPPO公認競技会は、附則2に規定されているように、ルールと規程によって、定められた要件にそって、開催される。

2.4.6 The Events and Competition format for all WPPO Recognised Competitions are outlined in these Rules and Regulations.

すべてのWPPO公認競技会の試合形式は、ルールと規程に書かれている。

2.5 Competition entries エントリー

2.5.1 All entries to participate in WPPO Championships and WPPO Sanctioned Competitions must be in accordance with these Rules and Regulations.

WPPO競技会とWPPO公認競技会は、ルールと規程に記載されているとおりのエントリーを行うこと。

2.5.2 The entry criteria for the IPC Games shall be defined in the qualification criteria outlined on the IPC website. The 2021-2024 WPPO qualification pathway found in Appendix 1 outlines the WPPO Recognised Competitions Athletes must attend in order to be considered eligible to qualify for the Paralympic Games.

IPCゲームへの参加は、IPCWebの要件を満たし、附則1にある2021-2024パスウェイに則り、WPPOの指定競技会に出場することが義務付けられる。

2.5.3 The entry criteria and MQS for WPPO Championships and WPPO Sanctioned Competitions shall be defined in the Competition Rules outlined in the information package and/or qualification guide for each such Competition.

WPPO競技会およびWPPO公認大会のエントリー要件は、各競技会の開催要項に書かれている。

2.5.4 All Athletes must be entered by their respective NPCs or otherwise authorised organisation and accepted by WPPO to participate in any WPPO Recognised Competition.

全ての選手は、NPCまたはWPPO公認組織からしかWPPO公認競技会に参加出来ない。

2.5.5 All entries from NPCs must be received by the deadlines as set out in the Competition information package and/or qualification guide.

エントリーは、開催要項に記載されている締切を厳守すること。

2.5.6 The cancellation deadlines and policies for each Competition will be published in the Competition information package and/or qualification guide and must be adhered to.

各競技会参加を申し込み後にキャンセルする場合は、開催要項のキャンセルポリシーを厳守すること。

2.6 Recognition of results 結果の認定

2.6.1 WPPO accepts results achieved at WPPO Recognised Competitions by eligible Athletes (in accordance with Regulation 3) as set out in these Rules and Regulations, solely for the following purposes:

WPPO規程3による登録有効選手の記録を次の目的でWPPOは認定する。
2.6.1.1 WPPO rankings; WPPOランキング

2.6.1.2 WPPO records; WPPO記録

2.6.1.3 allocation of qualification slots for IPC Games, WPPO Championships and WPPO Sanctioned Competitions; and/or

IPCゲーム、WPPO主催大会、およびWPPO公認大会の参加資格の割り当て。および/または

2.6.1.4 achieving qualification standards for entry into IPC Games, WPPO Championships and WPPO Sanctioned Competitions.

IPCゲーム、WPPO主催大会、およびWPPO公認大会に参加資格の取得。

2.7 Advertising and displays during Competitions

競技会中の広告や表示

2.7.1 The IPC determines the advertising requirements at IPC Games.

IPCゲームでの広告や表示についてはIPCに決定権がある。

2.7.2 The WPPO Uniform and Equipment Advertising Guidelines in Appendix 4 outline the advertising permitted at WPPO Championships. During all other WPPO Recognised Competitions (except IPC Games), the IPC and, with the approval of the IPC the relevant LOC, shall adopt the applicable advertising requirements.

WPPO主催会でのユニフォームや器具の広告ガイドラインは、附則4に示された通り。他のすべてのWPPO公認競技会（IPCゲームを除く）では、LOCも、同様のガイドラインを適用しなければならない。

2.8 Anti-gambling requirements

ギャンブル防止要件

2.8.1 The IPC may adopt anti-gambling regulations, policies, codes and/or requirements from time to time, which will be binding on all participants of WPPO Recognised Competitions.

WPPO公認競技会参加者すべてに対して、ギャンブル防止の規程、考え方、規則、および/または要件が適用される。

3 Eligibility and Classification

参加資格とクラス分け

3.1 Eligibility requirements – IPC Games

参加資格—IPCゲーム

3.1.1 The IPC determines the eligibility requirements for IPC Games.

IPCゲームの参加資格はIPCが決定する。

3.2 Eligibility requirements – WPPO Recognised Competitions

参加資格—WPPO公認大会

3.2.1 To meet the eligibility requirements to participate in WPPO Recognised Competitions an Athlete must:

WPPO公認大会に参加するための参加資格は次の通り。

3.2.1.1 hold a valid WPPO Athlete Licence issued in accordance with the WPPO Athlete
Registration and Licensing Regulations by the time of the final entry deadline;

参加申込期限までに、WPPO 選手証を取得していること。

3.2.1.2 be internationally classified and have been assigned a Sport Class (other than Not Eligible (NE)) in accordance with the WPPO Classification Rules and Regulations;

WPPO クラス分けルールに基づき、スポーツクラスを取得していること。NE（不適格を除く）

3.2.1.3 be entered by their NPC (or National Federation if such responsibility has been delegated by the NPC), in either case the NPC being a member in good standing of the IPC;

IPC に所属する NPC のメンバーであること。（または、NPC が認めた国内連盟のメンバーであること。）

3.2.1.4 satisfy the nationality requirements of the IPC Athlete Nationality Policy (located on the IPC website at);

IPC ウェブサイト掲載の国籍条項要件を満たしていること。

3.2.1.5 be the minimum age to participate in the relevant Competition, as defined in the Competition information package and/or qualification guide; and

各競技会開催要項の最低参加許可年齢以上であること。

3.2.1.6 not be disqualified, suspended or otherwise sanctioned.

参加資格停止処分を受けていないこと。

3.3 Qualification requirements

資格要件

3.3.1 In addition to the eligibility requirements outlined above, in order to compete in WPPO Recognised Competitions an Athlete must also meet the qualification standards, qualification criteria and any sport entry rules applicable to the relevant Competition.

上記の資格要件に加えて、WPPO公認競技会に出場するためには、選手は、資格基準、その競技会に適用されるエントリールールも満たさなければならない。

3.4 Gender

性別

3.4.1 Subject to Regulation 3.4.3, below, an Athlete shall be eligible to compete in men’s Events if he is:

以下の規則 3.4.3 に従い、選手は以下の場合に男子種目で競技する資格を有するものとする。

3.4.1.1 recognised as male in law; and

法律上男性と認められている

3.4.1.2 eligible to compete under these Rules.

下記ルールに基づき競技会に出場できる。

3.4.2 Subject to Regulation 3.4.3, below, an Athlete shall be eligible to compete in women’s Events if she is:

以下の規則 3.4.3 に従い、選手は以下の場合に女子種目で競技する資格を有するものとする
3.4.2.1 recognised as female in law; and

法律上女性と認められている。

3.4.2.2 eligible to compete under these Rules.

下記ルールに基づき競技会に出場できる

3.4.3 WPPO will deal with any cases involving transgender Athletes in accordance with the IOC’s transgender guidelines (as amended by the IOC from time to time) and any applicable WPPO Regulations.

WPPO が、IOC のトランスジェンダー ガイドライン (IOC によって随時修正される) および適用される WPPO 規則に従って、トランスジェンダーの選手が関与する全てのケースを処理する。

3.4.4 The eligibility of persons recognised as third gender in law will be determined by the IPC on a case-by-case basis, in accordance with any applicable WPPO Regulations.

法律で第三の性として認められた人の資格要件は、該当する WPPO 規則に従って、ケースバイケースで IPC が決定する。

3.5 International Classification

クラス分け

3.5.1 WPPO shall determine the WPPO Recognised Competitions where international Classification will be offered. At such Competitions, Classification will be conducted prior to the start of each Competition in accordance with the WPPO Classification Rules and Regulations.

WPPO が、クラス分けが実施される WPPO 公認競技会を決定する。このような競技会では、WPPO クラス分け規則に従って、各競技会の開始前にクラス分けを実施する。

3.5.2 An Athlete who has not been assessed by a WPPO Classification Panel will not meet the eligibility criteria (set out in this Regulation 3) to compete in IPC Games, WPPO Championships and WPPO Sanctioned Competitions.

WPPO クラス分け基準を満たさない選手は、IPC ゲーム、WPPO 競技会、および WPPO 公認競技会に出場する事はできない。

4 Anti-Doping

アンチドーピング

4.1 Anti-Doping Requirements

アンチドーピング要件

4.1.1 The IPC Anti-Doping Code located on the IPC website at www.paralympic.org/antidoping applies to all IPC Games, WPPO Championships and WPPO Sanctioned Competitions. Mandatory testing for world record performances at the Competition to be recognised by WPPO.

IPC ワンプサイト www.paralympic.org/antidoping に掲載されている IPC アンチ・ドーピング規定は、すべての IPC ゲーム、WPPO 選手権大会、および WPPO 公認競技会に適用される。世界記録認定には、アンチドーピング検査を必須とする。

4.1.2 WPPO Approved Competitions must be conducted in accordance with the anti-doping rules of the relevant governing body and the WADC International Standards. Random
in-Competition anti-doping testing is also mandatory at such Competitions.

WPPO 公認競技会では、各国のアンチドーピング防止規則および WADC 国際基準に従ってドーピングテストを実施すること。このような競技会では、競技会内でのランダムアンチドーピングテストが義務付けられている。

5 Medical

医療

5.1 Medical requirements

医療要件

5.1.1 The IPC Medical Code located on the IPC website at www.paralympic.org/medical applies to all IPC Games, WPPO Championships and WPPO Sanctioned Competitions.

IPC Web サイト（www.paralympic.org/medical）にある IPC 医療コードは、すべての IPC ゲーム、WPPO 競技会、および WPPO 公認競技会に適用される。

5.1.2 The medical and safety rules of the relevant governing body apply to WPPO Approved Competitions.

各国の医療および安全規則は、WPPO 公認競技会に適用される。

5.2 Medical responsibilities

医療の責任

5.2.1 In accordance with the IPC Medical Code, all Athletes who compete in WPPO Recognised Competitions are responsible for their own physical and mental health and for their own medical supervision.

IPC 医療規定に従い、WPPO 公認競技会に出場するすべての選手は、自分の身体的、精神的健康、医学的自己管理に各自が責任を持つものとする。

5.2.2 By entering in a WPPO Recognised Competition, an Athlete releases the IPC and WPPO from any liability to the extent permitted by law for any loss, injury or damage that he or she may suffer in relation to, or as a result of, his or her participation in Classification, at the relevant Competition.

WPPO 公認競技会に参加し、怪我、負傷、損害を被った場合、IPC 及び WPPO は、法律で認められる範囲内で責任はなく、各選手の自己責任で参加するものとする。

5.2.3 Notwithstanding the above Regulations 5.2.1 and 5.2.2, NPCs shall use best efforts to ensure the physical and mental health of all Athletes and Team Officials under their jurisdiction prior to their participation in WPPO Recognised Competitions.

上記の規則 5.2.1 および 5.2.2 にかかわらず、各 NPCs は、WPPO 公認競技会に参加する前に、所属選手や役員の心身の健康を確保するため健康診断を実施しておくこと。

5.2.4 Every NPC is responsible to ensure that appropriate and continuous medical monitoring of its' Athletes is undertaken. It is further recommended that NPCs organise for a periodic health evaluation of each Athlete that it enters in a WPPO Recognised Competitions, and that NPCs appoint a team physician to attend all such Competitions.

各国 NPC は、選手の健康管理を把握する義務がある。更に、NPC は WPPO 公認競技会に参加する各選手の定期的な健康評価を行い、全ての競技会に参加するチームに医師を派遣することを推奨する。
5.2.5 WPPO will be entitled to prevent any Athlete from competing where in its opinion it would be dangerous for the Athlete to compete, including where the safety of other athletes, officials, spectators and/or the Competition itself is put at risk. At all times, the overriding priority must be to safeguard the health and safety of Athletes, officials and spectators. The outcome of the relevant Competition must never influence such decisions.

WPPOは、選手、役員、観客等の安全が確保されないと判断したとき、又は、選手が競技することは危険であると判断した場合、選手が競技をすることを中止させる権利を有する。常に最優先事項は、選手、関係者、観客の健康と安全を守ること。ただし、大会の結果が、そのような決定に影響されないことが条件となる。

5.3 Medical withdrawal request

医学的参加中止申請

5.3.1 At all IPC Games, WPPO Championships and WPPO Sanctioned Competitions the official WPPO Medical Withdrawal Request Form (located on the WPPO website) must be submitted to the WPPO office in order to officially request the withdrawal of an Athlete from the relevant Competition after submission of the final entry by numbers.

IPCゲーム、WPPO競技会、およびWPPO認可競技会では、公式のWPPO医学的参加中止申請書（WPPOウェブサイトに）をWPPOに提出し、関連する競技会からの選手が欠場する申請ができる。ただしエントリーはしておくこと。

5.3.2 During competition the Medical Withdrawal Request Form must be signed by the team physician of the Athlete. In the event there is no team physician, if the team has an agreement to use the physician of another team that physician may sign the form. Alternatively, the LOC Chief Medical Doctor may do so.

競技中に医学的参加中止申請をする場合は、選手のチーム医師が署名すること。チーム医師がいない場合、チームが別のチームの医師と連携している場合は、その医師が署名できる。あるいは、LOC医師が署名する場合もある。

5.3.3 All sections of the Medical Withdrawal Request Form must be completed.

申請書に記載漏れがないこと。

5.3.4 All Medical Withdrawal Request Forms must be submitted at least thirty (30) minutes prior to the relevant Event of the Competition. If this is not possible (for example due to the onset of an acute injury or illness within the thirty (30) minutes prior to the relevant Event) an explanation must be provided in the Medical Withdrawal Request Form.

医学的参加中止申請書は、競技の始まる少なくとも30分以上前に提出すること。それが不可抗力の怪我、病気等の場合は、その旨申請書に記載しておくこと。

5.3.5 WPPO shall determine whether a Medical Withdrawal Request is accepted. This decision is final with no opportunity to protest or appeal.

WPPOは医学的参加中止申請書が承認されるかどうか決定し、通知すること。この決定は最終で、決定に対して抗議することはできない。

5.4 Medical insurance

医療保険

5.4.1 NPCs are responsible to ensure suitable medical provision and medical insurance
coverage for their respective delegations for WPPO Recognised Competitions and (subject to Regulation 5.4.2 below) for the full duration of the relevant Competition, including travel to and from such Competitions. NPCs must provide a copy of this insurance to WPPO if requested.

各NPCは、WPPO公認競技会に選手団を派遣する場合（以下の規則5.4.2に従い）、医療保険に入る責任がある。NPCは、WPPOから要請された場合は、この保険のコピーをWPPOに提供すること。

5.4.2 It shall be the responsibility of the LOC in each case to ensure on-site medical, emergency ambulance, first aid services and medical insurance coverage is provided at all WPPO Recognised Competitions.

競技会を開催するLOCは、WPPO公認競技会では、現場での医療、救急車、応急処置サービスを提供しなければならない。

5.5 Medical and safety services at IPC Games, WPPO Championships and WPPO Sanctioned Competitions

5.5.1 The LOC shall be responsible for implementing the medical and safety services for IPC Games in accordance with the relevant host agreement.

IPCゲームでは、LOCは、ホスト契約に従って、医療および安全サービスを実施する責任を負う。

5.5.2 LOCs shall be responsible for implementing the medical and safety services at WPPO Championships and WPPO Sanctioned Competitions.

WPPO競技会、WPPO公認競技会では、LOCは、医療及び安全サービスを実施する責任を負う。

5.5.3 A Competition Medical Director shall be appointed by the LOC for all WPPO Recognised Competition to prepare and co-ordinate the medical services and safety requirements during the relevant Competition.

LOCは、大会中の医療サービスと安全のために、WPPO公認大会で大会ドクターを指名すること。

5.5.4 At all WPPO Championships and any other Competitions determined by WPPO, WPPO shall be responsible for ensuring a medical representative monitors implementation of these and any other Competition-specific medical and safety rules.

すべてのWPPO競技会およびWPPO公認競技会において、WPPOは、医療担当者がこれらおよびその他の競技会固有の医療および安全規則の実施を行っているか、監視をしなければならない。

5.6 Harassment

ハラスメント

5.6.1 The dignity of every individual must be respected. All forms of abuse and/or harassment are prohibited. The IPC Code of Ethics and the IPC Policy on Non-accidental Violence and Abuse (located on the IPC website) applies to all WPPO Recognised Competitions.

個人の尊厳が尊重されなければならない。あらゆる形態の虐待や嫌がらせは禁止されている。IPC倫理規定および偶発的でない暴力と虐待に関するIPCポリシー(IPCウェブサイト)が、すべてのWPPO公認競技会に適用される。

5.7 Autonomic dysreflexia

自律神経失調症
5.7.1 The IPC Policy on Autonomic Dysreflexia (located on the IPC website) applies to all WPPO Recognised Competitions.

自立機能失調症状に関する IPC ポリシー（IPC Web サイト）が、すべての WPPO 公認競技会に適用される。

5.8 Hypoxic or hyperoxic chambers or tents

低酸素または高酸素のチベナまたはテント

5.8.1 The use of hypoxic or hyperoxic chambers or tents is prohibited at all WPPO Recognised Competitions.

低酸素又は高酸素のチャンバー又はテントの使用は全ての WPPO 公認競技会で禁止さよう。

5.9 Heat

暑熱対策

5.9.1 The IPC Heat Policy (located on the IPC website) applies to all WPPO Recognised Competitions.

IPC 暑熱対策（IPC ウェブサイト）は全ての WPPO 公認競技会に適用される。

5.10 Smoking ban

喫煙禁止

5.10.1 Smoking is prohibited during competition at all venues of WPPO Recognised Competitions.

WPPO 公認競技会では会場のすべてで喫煙は禁止される。

6 Technology and Equipment

技術と設備

6.1 Fundamental Principles

基本原則

6.1.1 The IPC Policy on Sport Equipment (located on the IPC website) applies to all WPPO Recognised Competitions. The principles outlined in this policy apply in particular (but not exclusively) in relation to the development of sports specific prosthetic devices.

スポーツ用品に関する IPC ポリシー（IPC ウェブサイト）は、すべての WPPO 公認競技会に適用される。このポリシーの原則は、スポーツに特化した人工装具の開発に関連して適用される。

6.2 Monitoring of the use of technology and equipment

技術と設備の使用状況の監視

6.2.1 The WPPO Technical Delegate, or their designee, will monitor the use of technology and equipment at WPPO Recognised Competitions to ensure that it conforms to the principles outlined in the IPC Policy on Sport Equipment. This may include, but will not be limited to, the assessment of:

WPPO の TD もしくは指名された者は、WPPO 公認競技会で使用される器具を監視し、これらが IPC ポリシーの原則に添っているか監視する。これには、以下の評価が含まれる場合がある。

6.2.1.1 whether or not equipment and/or prosthetic components are commercially available to all Athletes (prototypes that are purpose built by manufacturers
exclusively for the use of a specific Athlete shall not be permitted); and/or

6.2.1.2 whether equipment contains materials or devices that store, generate or deliver energy and/or are designed to provide function to enhance performance beyond the natural physical capacity of an Athlete.

用具に、エネルギーを貯蔵したり、生成、または供給したりするものが含まれていないかどうか、およびエネルギーを上昇させる機能を有していないかどうか確認すること。

6.3 Prohibited Technology

禁止されている技術

6.3.1 Use of the following technology is prohibited at WPPO Recognised Competitions:

WPPO 公認競技会では次の技術は禁止されている。

6.3.1.1 equipment that breaches the fundamental principles outlined in the IPC Policy on Sport Equipment;

IPC ポリシーで説明されている基本原則に違反する技術。

6.3.1.2 equipment that results in athletic performance being generated by machines, engines, electronics, motors, robotic mechanisms or the like; and

機械、エンジン、電子機器、モーター、ロボット機構など選手の能力を超えた結果を出させる技術。

6.3.1.3 osteo-integrated prosthesis.

骨そのものを整形するような技術

6.3.2 At any WPPO Recognised Competition the WPPO Technical Delegate shall be entitled to prohibit the use of any equipment prohibited by these Rules and Regulations. In every case of a suspected breach the WPPO Technical Delegate must report the matter to WPPO. Upon receiving such a report any further investigation and/or action will be determined by WPPO on a case by case basis.

WPPO 公認競技会において、TD は、これらの規則によって禁止されている用具の使用を禁止することが出来る。違反が疑われる場合は、TD は WPPO に報告し、WPPO はその報告を受け取ると、さらなる調査を行い、使用の可否を WPPO は決定する。

6.3.3 WPPO shall be entitled to prohibit the use of equipment either permanently or on a temporary basis (to allow for further investigation) where it considers, acting reasonably, that any of the fundamental principles of equipment design and availability are breached.

WPPO は、機器の基本原則に違反していると判断した場合、恒久的または一時的に用具の使用を禁止する権利を有する。

7 Disciplinary Rules

懲罰規程

7.1 General Disciplinary Provisions

一般的懲罰規程
7.1.1 The IPC Code of Ethics (located on the IPC website) shall apply to all participants of WPPO Recognised Competitions.

7.1.2 In addition to any specific provisions of these Rules and Regulations providing for disqualification, an Athlete, Team Official, team member or any other individual may have their accreditation withdrawn and/or be disqualified from any Event(s) or Competition(s) by WPPO, if, in the reasonable opinion of WPPO, they:

- contravene the spirit of fair-play or obstruct any Technical Officials in their official duties;
- behave in a manner which may actually or potentially bring into disrepute WPPO, the IPC, any International Federation and/or the LOCs;
- WPPO, IPC,各国連盟の裁判を妨げる可能性がある言動があった場合;
- breach any protocol or procedure put in place by an LOC and/or WPPO for an Event or Competition (for example in relation to the health, safety or security of Athletes, including any protocol put in place in relation to the coronavirus pandemic).

7.2 Disciplinary action

7.2.1 Further disciplinary action, including in relation to situations that are not covered by these Rules or Regulations, may be taken against any individual bound by these Rules and Regulations on a case-by-case basis by WPPO and/or Technical Delegate, in consultation with WPPO. Further action(s) may be taken at WPPO’ discretion.

8 Protests and Appeals

8.1 Lift attempt

8.1.1 Protests relating to a No lift attempt decision shall be determined in accordance with the Lift Challenge Rule (LC).

失敗試技に関して「リフトチャレンジルール」により抗議することが出来る。

8.2 Anti-Doping

8.2.1 All anti-doping rule violations, including any appeals regarding such violations, shall be
determined in accordance with the IPC Anti-Doping Code.

8.3 Classification

8.3.1 Protests and appeals relating to Classification shall be determined in accordance with the WPPO Classification Rules and Regulations.

9 Officials, Venues and Solidarity

9.1 Technical Officials and Classifiers

9.1.1 All WPPO Recognised Competitions must have certified and licensed WPPO Technical Officials (and Classifiers if international Classification is taking place at the Competition) to oversee all technical and classification matters respectively, to ensure that the Competition is run in accordance with these Rules and Regulations.

9.1.2 In order to be a certified and licensed WPPO Technical Official or Classifier, the respective pathway must be followed and the respective requirements must be met, as determined by WPPO.

9.1.3 The number of Technical Officials appointed to each Recognised Competition may be in accordance with the table of requirements and Competition designation as outlined in Appendix 2.

9.1.4 Technical Officials who have any other active role or any involvement with a competing NPC (e.g., coach, NPC delegate or Athlete) will not be appointed as a Referee or Jury member in that specific Event.

9.1.5 All detailed information about the specific roles, responsibilities, pathway, appointments, and rules specific to Technical Officials is provided in Appendix 3.

9.2 Team Official

9.2.1 A Team Official must possess the necessary qualifications and insurance to fulfil their role, considering the importance of the Athletes’ welfare, health and safety, as
determined by the relevant NPC.

各国役員は、各NPCによって決定される。役員は、選手の福祉、健康、安全を守る重要性を考慮して、その役割を果たすために必要な資格と保険に入らなければならない。

9.2.2 The Team Official must wear a uniform compliant with the terms of Appendix 4.
チーム役員は、附則4に示すようにユニフォームガイドラインを守らなければならない。

9.3 Technical Meeting
テクニカルミーティング

9.3.1 A Technical Meeting (face to face or virtual) with up to two (2) Team Officials from each participating NPC must take place for all Recognised Competitions a minimum of one (1) day prior to the start of the Competition.

WPPO公認競技会では各国2名の代表が出席するテクニカルミーティング（対面又はオンライン）を競技開始1日前に行商業しなければならない。

9.3.2 The Technical Meeting will be delivered in English and the following matters may be addressed:
テクニカルミーティングの言語は英語。

9.3.2.1 Roll call;出席確認
9.3.2.2 Outcome of the entry verifications; エントリー確認
9.3.2.3 Confirmation of Bodyweight change requests; 体積変更
9.3.2.4 Competition schedule overview; 競技会スケジュール
9.3.2.5 Anti-doping information; アンチドーピング情報
9.3.2.6 Protocol information (e.g., ceremonies); 表彰式などの情報の伝達
9.3.2.7 Logistical information (e.g., transportation, meals, departures, etc.);
送迎、食事、出國などの情報
9.3.2.8 Warm-up pass distribution; ウォーミングアップパスの配布
9.3.2.9 Sale of technical challenge cards for Power; and チャレンジカードの販売
9.3.2.10 Any other business/questions その他

9.4 Venue Requirements
大会会場必要条件

9.4.1 All Recognised Competitions must be hosted in venues meeting the requirements outlined in Appendix 5.

公認大会を誘致するには、附則5の会場要件を満たさなければならない。

9.5 Equipment Requirements
器具要件

9.5.1 All Recognised Competitions must be hosted using only equipment from approved WPPO suppliers. The detailed requirements for all Para powerlifting equipment per discipline and per level of Recognised Competition as well as the list of WPPO
approved suppliers is outlined in Appendix 6.

9.6 Scoring System Requirements

9.6.1 All Recognised Competitions must be hosted using an approved scoring system, as outlined in Appendix 7.

9.6.2 The WPPO scoring system is composed of the following:

a) Para Sports Results and Information Services (PARIS), with the exception of the Paralympic Games, Commonwealth Games and Parapan American Games where their specific Paralympic Results Information System (PRIS), in the Commonwealth Results & Information Services (CRIS) and in the Parapan American Games (PRIS) information services must be used; must be used;

b) Scoreboard

9.6.2.1 On Venue Results (OVR)

a) Para Sports Results and Information Services (PARIS), with the exception of the Paralympic Games, Commonwealth Games and Parapan American Games where their specific Paralympic Results Information System (PRIS), in the Commonwealth Results & Information Services (CRIS) and in the Parapan American Games (PRIS) information services must be used; must be used;

b) Scoreboard

9.6.2.2 Timing and Scoring System (T&S)

9.6.2.3 Para Powerlifting Competition and Operations Management System (PowerCOMS)

9.7 Solidarity

Funds collected from bodyweight changes and Lift Challenges fees will be invested
into anti-doping education and to support developing NPCs to enter athletes into WPPO Recognised Competitions.

階級変更とチャレンジカードの資金は、アンチドーピング教育、パラパワープロの開発国の支援に使われる。
Section B: WPPO Rules

WPPO ルール

Section B1 – Power

セクション B1-パワーリング

10  Power Rules

パワールール

10.1  Power – Description

パワーの説明

10.1.1  The Power discipline of the sport of Para Powerlifting represents the ultimate test of upper body strength with Athletes competing in the bench press.

パラパワーリフティングは、ベンチプレス競技で上半身の強さを競う。

10.1.2  The Power discipline is open to female and male Rookie, Next Gen, Elite and Legend, Athletes with one (1) or more of the eight (8) Eligible Impairments who compete in one (1) Sport Class, as defined in the WPPO Classification Rules and Regulations, in ten (10) different Bodyweight Categories per gender.

パラパワーリフティングは、男女別、年齢別（ルーキー、ネクストジェネレーション、エリート、レジェンド）に分かれ、下肢障害の8つの障害のうちの1つ以上を持つものが参加できる。また、性別ごとに10種類の体重別カテゴリーで競う。

10.2  Objective

目的

10.2.1  Competitors must lower the bar to their chest, stops on the chest and then press it upwards to arms-length with locked elbows.

選手は、バーを胸まで下げ、胸で止めてから、腕の長さまで押し上げ肘をロックする。

10.3  Bodyweight Categories

体重別階級

10.3.1  WPPO Competitions may comprise the following Bodyweight Categories

WPPO 競技の体重別階級は次の通り

<table>
<thead>
<tr>
<th>Gender</th>
<th>Category</th>
<th>Minimum Bodyweight (kg)</th>
<th>Maximum Bodyweight (kg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>Up to 41.0 kg</td>
<td>-</td>
<td>41.0</td>
</tr>
<tr>
<td></td>
<td>Up to 45.0 kg</td>
<td>41.1</td>
<td>45.0</td>
</tr>
<tr>
<td></td>
<td>Up to 50.0 kg</td>
<td>45.1</td>
<td>50.0</td>
</tr>
<tr>
<td></td>
<td>Up to 55.0 kg</td>
<td>50.1</td>
<td>55.0</td>
</tr>
<tr>
<td></td>
<td>Up to 61.0 kg</td>
<td>55.1</td>
<td>61.0</td>
</tr>
<tr>
<td></td>
<td>Up to 67.0 kg</td>
<td>61.1</td>
<td>67.0</td>
</tr>
<tr>
<td>Weight Category</td>
<td>Men</td>
<td>Women</td>
<td></td>
</tr>
<tr>
<td>-----------------</td>
<td>-----</td>
<td>-------</td>
<td></td>
</tr>
<tr>
<td>Up to 73.0 kg</td>
<td>67.1</td>
<td>73.0</td>
<td></td>
</tr>
<tr>
<td>Up to 79.0 kg</td>
<td>73.1</td>
<td>79.0</td>
<td></td>
</tr>
<tr>
<td>Up to 86.0 kg</td>
<td>79.1</td>
<td>86.0</td>
<td></td>
</tr>
<tr>
<td>Over 86.0 kg</td>
<td>86.1</td>
<td>-</td>
<td></td>
</tr>
<tr>
<td>Up to 49.0 kg</td>
<td>-</td>
<td>49.0</td>
<td></td>
</tr>
<tr>
<td>Up to 54.0 kg</td>
<td>49.1</td>
<td>54.0</td>
<td></td>
</tr>
<tr>
<td>Up to 59.0 kg</td>
<td>54.1</td>
<td>59.0</td>
<td></td>
</tr>
<tr>
<td>Up to 65.0 kg</td>
<td>59.1</td>
<td>65.0</td>
<td></td>
</tr>
<tr>
<td>Up to 72.0 kg</td>
<td>65.1</td>
<td>72.0</td>
<td></td>
</tr>
<tr>
<td>Up to 80.0 kg</td>
<td>72.1</td>
<td>80.0</td>
<td></td>
</tr>
<tr>
<td>Up to 88.0 kg</td>
<td>80.1</td>
<td>88.0</td>
<td></td>
</tr>
<tr>
<td>Up to 97.0 kg</td>
<td>88.1</td>
<td>97.0</td>
<td></td>
</tr>
<tr>
<td>Up to 107.0 kg</td>
<td>97.1</td>
<td>107.0</td>
<td></td>
</tr>
<tr>
<td>Over 107.0 kg</td>
<td>107.1</td>
<td>-</td>
<td></td>
</tr>
</tbody>
</table>

**10.4 Overview of Technical Officials’ Responsibilities in Competition**

TO (テクニカルオフィシャル) の競技会での役割

**International Federation Delegate (“IF Delegate”)**

IF 代表 (WPPO)

- Oversee the entire Competition delivery in liaison with the LOC and Technical Delegate.

LOC および TD と連携して、競技の実施全体を監督する。

- The International Federation Delegate has the highest authority over the Competition.

IF 代表 (WPPO) は、競技会に対して最高の権限を持っている。

**Event Director (“ED”)**

大会ディレクター

- Oversee the entire Event in liaison with the LOC, International Federation Delegate and WPPO Management Staff.

LOC, WPPO と連携し競技会全体を監督する。

- Be appointed and / or act on behalf of WPPO at the Competition.

WPPO により指名される。

**Technical Delegate (“TD”)**

テクニカルディレクター (TD)

- Monitor and oversee the Competition with the International Federation Delegate and Event Director to ensure all technical operations are applied in accordance with the Technical Rules and Regulations throughout the entire Competition.

IF および ED と共に競技を監視し、競技全体を通じて協議がルールに従って確実に適用されるようにする

- Act as the leader for the appointed Technical Officials for the Competition.

競技役員のリーダーとして行動する。

- Sign the Final Results for each Event.

競技会の最終結果に署名する。

**Chief Referee (“CR”)**

主審 (CR)

- Lead the Bodyweight Category(ies) and ensure all actions on the FOP comply with these Rules.

担当階級をリードし、FOP でルール通りの競技が行われているか確認する。

- Ensure the equipment and FOP is clean, organised and safe.

FOP 上の器具が整理整頓され、清潔、安全であることを確認する。
- Brief the Side Referees and Jury on the Athletes' classification notes.
  傘審と除審員に選手のクラス分け情報を報告する。
- Lead the Spotter Loaders.
  会場補助員をリードする。
- Say the "start" and "rack" commands.
  スタート、ラックの合図を送る。
- Judge the lift according to the lift sequences from the required position and/or during the Lift Challenge.
  試技中、リフトシーケンスに従って試技を判定する。
- Raise any errors and make the final decision on the outcome.
  エラーがあれば対処し最終決定を下す。

<table>
<thead>
<tr>
<th>Side Referees:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Left (&quot;LR&quot;)</td>
</tr>
<tr>
<td>Right (&quot;RR&quot;)</td>
</tr>
<tr>
<td>傘審 (LR,RR)</td>
</tr>
</tbody>
</table>

- Judge the lift according to the lift sequences from the required position and/or during the Lift Challenge.
  試技中、リフトシーケンスに従って試技を判定する。
- Raise any errors.
  エラーがあれば報告する。

<table>
<thead>
<tr>
<th>Jury</th>
</tr>
</thead>
<tbody>
<tr>
<td>(&quot;J1&quot;, &quot;J2&quot; and &quot;J3&quot;)</td>
</tr>
<tr>
<td>傘審員 (J1, J2, J3)</td>
</tr>
</tbody>
</table>

- Judge the lift according to the lift sequences from the required position and their decision will count only if a Lift Challenge is raised.
  リフトシーケンスに従って試技の判定をする、ただし、判定はリフトチャレンジのあった時に公表される。
- Manually record the results for each Event.
  各試技を記録する。

<table>
<thead>
<tr>
<th>&quot;Weigh-in Official&quot;</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Chief and Assistant)</td>
</tr>
<tr>
<td>検量役員 (チーフ、アシスタント)</td>
</tr>
</tbody>
</table>

- Lead the Weigh-in process. 検量を行う。
- Verify the Athlete’s identification. 選手の氏名等を確認する。
- Record the Athlete’s bodyweight. 選手の体重を記録する。
- Record the confirmed starting weight and rack height. スタート重量とラック高を記録する。
- Sign the Weigh-in List after the Weigh-in process is complete. 検量終了後検量リストにサインをする。

<table>
<thead>
<tr>
<th>Assistant (アシスタント)</th>
</tr>
</thead>
</table>
| Call the Athlete’s order and bodyweight. 選手を順番に呼ばれ、体重計を読む。
| Verify the Weigh-in list. 検量リストの確認を行う。

<table>
<thead>
<tr>
<th>&quot;Kit Check Official&quot; (Chief and Assistant)</th>
</tr>
</thead>
<tbody>
<tr>
<td>キットチェック役員 (チーフ、アシスタント)</td>
</tr>
</tbody>
</table>

- Examine each Athlete’s personal uniform and equipment is compliant with these Rules and Appendix 4 during the warm-up process.
  アップの間に附則4にしたがって、選手のユニフォームや用具の確認を行う。

<table>
<thead>
<tr>
<th>&quot;Marshall&quot;</th>
</tr>
</thead>
<tbody>
<tr>
<td>マーシャル</td>
</tr>
</tbody>
</table>

- Accept and verify the Athlete’s attempt changes.
  選手の試技の変更を受け入れ確認する。
- Provide approval if a Record attempt is requested.
  新記録が申請された場合、これを承認する。
- Provide approval if a Power Lift attempt is requested.
| Technical Announcer ("TA") or Speaker Announcer ("SA") | ▪ Announce all technical messages according to Appendix 8.  
附則8にしたがって、試合を進行する。  
▪ Control the Athlete's lift attempt time.  
選手の試技時間をコントロールする。 |
<table>
<thead>
<tr>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Chief (チーフ)</td>
</tr>
<tr>
<td>▪ Lead the assistant Technical Controllers.アシスタントTCをリードする</td>
</tr>
<tr>
<td>▪ Ensure the equipment and warm-up area and call area are clean, organised and safe.器楽やアップ場、コールエリアが整理整頓され、清潔で安全であることを確認する。</td>
</tr>
</tbody>
</table>
| ▪ Examine each Athlete's personal uniform and equipment is compliant with these Rules and Appendix 4 during the warm-up process.  
ウォームアップで、各選手のユニフォームや用具が附則4に準拠しているか確認する。 |
| ▪ Manage the access of proper Athletes and Team Officials in the warm-up area and call area.  
アップ場とコールエリアに入っている選手役員のアクセスの管理 |
| ▪ Assist in calling the next Athletes to the Assistant Technical Controller 2 for their attempt.  
アシスタントTC2が試技順に選手を送り出すのを手伝う。 |
| ▪ Support the Athlete and Technical Official presentation and victory ceremonies.  
選手、審判のプレゼンテーションをリードし、表彰選手の確保を行う。 |
| Technical Controller ("TC") (Chief, Assistants)      |
| テクニカルコントローラー (チーフ、アシスタント) |
| ▪ Support the Chief Technical Controller.  
チーフTCの手伝いをする |
| ▪ Control the flow of Athletes and coaches from the call area to Marshall.  
FOPの出口にいて選手やコーチがマーシャルの所に行くコントロールを行う。 |
| Assistant 1 アシスタントTC1                          |
| ▪ Support the Chief Technical Controller.  
チーフTCの手伝いをする |
| ▪ Control the flow of Athletes and coaches from the call area to Marshall.  
FOPの出口にいて選手やコーチがマーシャルの所に行くコントロールを行う。 |
| Assistant 2 アシスタントTC2                          |
| ▪ Support the Chief Technical Controller.  
チーフTCの手伝いをする |
| ▪ Control the Athlete and Team Official’s access to the FOP for their attempt during the Event.  
試技順に選手やコーチがFOPに送り出す。 |
| ▪ Examine each Athlete’s personal uniform and equipment is compliant with these Rules before they enter the FOP for their attempt.  
選手のユニフォームや道具がルールにかなっているかFOPに送り出す前に確認する。 |
| LiftED and LiftVRS Operator                        |
| ▪ Manage the LiftVRS process and LiftED.  
スコアーシステムやビデオ操作をコントロールする。 |

WPPO Rules and Regulations March 2022 v1.0 32
10.4.1 The detailed responsibilities and processes of each Technical Official role are listed in Appendix 3.

各トの役割の詳細は附則3を参照。

10.4.2 For an Individual medal Event, and each of the Team Event and Mixed Team Event phases, the Referees may be randomly drawn via the T&S system ensuring the following:

個人競技、チームイベント、ミックスチームイベントでは、審判はT&Sシステムで無作為に抽選で決める場合がある。

10.4.2.1 Each Technical Official is certified level one (1) or two (2);

この場合トは1級もしくは2級審判であること

10.4.2.2 There is no more than one (1) Technical Official from the same country.

トは同国からは1名のみの指名となる。

11 Age Groups

年齢グループ

11.1 Age Groups Description

年齢による区分

11.1.1 Four (4) age groups are recognised in all Recognised Competitions.

公認競技会では4つの年齢区分がある。

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Minimum Age</th>
<th>Maximum Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rookie</td>
<td>15</td>
<td>17</td>
</tr>
</tbody>
</table>

WPPO Rules and Regulations March 2022 v1.0
Next Gen 18 20
Elite 15 -
Legend 45 -

11.2 All ages are by 31 December of the year of the Recognised Competition.

各年齢は公認競技会の開催される年の 12/31 時点の年齢をさす。

12 Entries

エントリー

12.1 Individual Event

個人エントリー

12.1.1 At Recognised Competitions, there is no maximum number of entries per gender, Bodyweight Category and age group per NPC, unless otherwise specified in the qualification regulations or other entry requirements for that Competition.

公認競技会では、その競技会自体にエントリー要件がない限り、各 NPC にてエントリー数の制限はない。

12.1.2 An Athlete may only register to one (1) Bodyweight Category during a Competition.

選手は一つの競技会では一つの階級しか出られない。

12.1.3 When a Competition does not offer a specific day for different age groups (e.g., at a World Cup), the Athlete will be automatically entered in the single or multiple age group(s) based on their age.

年齢区分のある競技会以外は、順位等は、自動的に各年齢別グループに振り分けられる。

12.2 Individual Event Changes

階級変更

12.2.1 At all Recognised Competitions with the exception of Games, Athletes will have the opportunity to change Bodyweight Categories during the entry verification process, either up or down one (1) Bodyweight Category from the category nominated at the time of the final entry deadline.

ゲームを除く公認競技会で、選手は、申し込み重量から1つ下、もしくは1つ上の階級に最終エントリー確認（テクニカルミーティング）で変更できる。

12.2.2 Only one (1) change per Athlete is accepted and must be requested during the allocated time of the entry verification process. A fee of one hundred Euro (€100) will be charged for each requested change and must be paid immediately to WPPO during the entry verification process for the change to be accepted. The new Bodyweight Category is accepted only upon payment and is considered final.

選手は1回のみ階級変更が認められ、テクニカルミーティング時に変更できる。階級変更には100ユーロ（€100）の手数料が必要で、WPPO に支払う。新しい体重変更は、支払いと同時に認められ、それ以上の階級変更はできない。

12.3 Individual Event Category Viability

個人戦の表彰

12.3.1 At all Recognised Competitions except IPC Games, a medal Event will be considered...
viable when the below minimum Athlete numbers apply per Bodyweight Category:

IPC ゲームを除き公認競技では、下記の場合の表彰は:

12.3.1.1 One (1) Athlete: When there is one (1) Athlete in a single Bodyweight Category, they must lift equal to or more than the respective level MQS for that Bodyweight Category.

選手が階級に一人しかエントリーしていない場合、標準記録を破っていれば表彰される。

12.3.1.2 Two (2) Athletes: When there are two (2) Athletes in a single Bodyweight Category, they lift equal to or more than the respective level MQS for that Bodyweight Category.

選手が階級に二人しかエントリーしていない場合、標準記録を破っていれば表彰される。

12.3.1.3 One (1) or two (2) Athletes: When the total number of Athletes is one (1) or two (2) in more than one (1) Bodyweight Category per gender, then combined categories may be formed at the discretion of WPPO to consist of two (2) or more Athletes; a coefficient formula will be used.

選手が階級に一人または二人しかエントリーしていない場合 WPPO の裁量で階級を合体し、フォーミュラーによって表彰を行う。

12.3.1.4 Three (3) or more Athletes: When there are three (3) or more Athletes in a single Bodyweight Category, the Event is viable as normal.

選手が階級に三人以上いる場合、通常通り表彰される。

12.3.2 The final viable medal Events for all Recognised Competitions will be determined in consultation with the LOC, TD and WPPO prior to and/or after the Technical Meeting. MQS weights can be found in Appendix 10.

公認競技で表彰ルールをどうするかは、最終的には、テクニカルミーティングの前に、LOC、TD、および WPPO と協議して決定される。表彰基準数値は、附則 10 を参照。

12.3.3 The IPC’s medal Event criteria apply to IPC Games.

IPC ゲームは IPC 表彰規程に従う。

12.4 Team Event

チームイベント

12.4.1 At Recognised Competitions, one (1) Team Event will be viable per gender in the Elite age group under the following conditions:

公認競技では、以下の条件で、男女別エリートグループのチームイベントが 1 つ実施される。

12.4.1.1 There must be a minimum of four (4) competing teams, three (3) of which may be from the same NPC.

4 チームが集まって、チームイベントは成立し、4 つのチームの内 3 つのチームが同じ国のチームでもよい。

12.4.1.2 Teams must consist of three (3) Athletes from the same NPC and same gender.

チームイベントは同国の 3 名の同性の選手で構成される。

12.4.1.3 Each of the three (3) Athletes that comprise a team may be from different Bodyweight Categories.

3 名の選手は、どの階級でもよい。
12.4.1.4 Each NPC is permitted to enter a maximum of three (3) teams per Team Event and gender.

各国は最大 3 チームエントリーできる。

12.4.1.5 Athletes entered in a Team Event may also be entered in an individual medal Event or may be additional Athletes.

チームイベントにエントリーする選手は、個人戦に出た選手でも、出ていない選手でもエントリーできる。

12.4.1.6 Athletes entered in a Team Event may be from all age groups.

チームイベントに参加する選手はどの年齢グループからでも参加できる。

12.5 Mixed Team Event

ミックスチームイベント

12.5.1 At Recognised Competitions only, one (1) Mixed Team Event will be viable in the Elite age group under the following conditions:

公認競技会では、以下の条件で、エリートグループのミックスチームイベントが一つ実施される。

12.5.1.1 There must be a minimum of four (4) competing teams, three (3) of which may be from the same NPC.

4 チームが集まって、ミックスチームイベントは成立し、4つのチームの内3つのチームが同じ国でチームでもよい。

12.5.1.2 Teams must consist of three (3) Athletes from the same NPC, with at least one (1) of each gender.

同国から3名の選手がエントリーでき、男女が混じっていること。

12.5.1.3 Each of the three (3) Athletes that comprise a team may be from different Bodyweight Categories.

3名の選手は、どの階級でもよい。

12.5.1.4 Each NPC is permitted to enter a maximum of three (3) teams.

各国は最大 3 チームエントリーできる。

12.5.1.5 Athletes entered in a Mixed Team Event may also be entered in an individual Event or may be an additional Athlete.

ミックスチームイベントにエントリーする選手は、個人戦に出た選手でも、出ていない選手でもエントリーできる。

12.5.1.6 Athletes entered in a Mixed Team Event may be from any age group.

ミックスチームイベントに参加する選手はどの年齢グループからでも参加できる。

12.6 Team Event and Mixed Team Event Changes

チームイベント並びにミックスチームイベントのエントリー変更

12.6.1 At all Recognised Competitions, NPCs will have the opportunity to change the Athletes in the Team and Mixed Team Event during the entry verification process.

公認競技会では、チームイベント、ミックスチームイベントに参加する選手をテクニカルミーティングで変更することが出来る。

12.6.2 All three (3) Athletes may be changed once (1) and must be requested during the
allocated time of the entry verification process. No fee will be charged for each requested change.

チームイベントメンバー変更に料金はかからない。

13 Lot Number
ロット番号

13.1 Individual Event
個人戦

13.1.1 At Recognised Competitions, the Lot Number will be allocated to each Athlete according to the World Ranking List per Bodyweight Category in ascending ranking position. (e.g., an Athlete Rank first (1st) will receive Lot Number one (1) and so on).

公認競技会では選手全員にロット番号が割り当てられる。ロット番号は各クラスの世界ランキングにしたがって割り当てられ、ランクの高い順に1〜割り当てる。

13.1.2 The Lot Number will be allocated per each medal Event based on the Athlete rank position at the moment of the entries by name deadline.

ロット番号は、申込み締切時刻前の各クラスの世界ランキングで番号を割り当てる。

13.1.3 If an Athlete or multiple Athletes switch Bodyweight Category to a category in which they do not hold a ranking, the Lot Number will be allocated randomly with the remaining of the Lot Numbers for that particular Bodyweight Category.

選手が出場するクラスの世界ランキングを持っていない場合は、ランダムにロット番号が割当てられる。

13.1.4 The Lot Numbers for all competing Athletes must be allocated after the end of the Technical Meeting.

ロット番号はテクニカルミーティング後に割り当てられる。

13.1.5 The Lot Number will dictate the following:

ロット番号の示すことは：

13.1.5.1 The order that Athletes will be allocated to groups in the case that two (2) or more Athletes have submitted the same first (1st) attempt confirmed during the Weigh-in, with the highest Lot Number going to the first competing group (e.g., Group B).

2名以上の選手が検量で同重量の第一試技を提出し、グループ分けをしなければならない場合は、ロット番号が高い選手がグループ Bとなる。

13.1.5.2 The order that Athletes attend the Weigh-in and Kit Check, with the highest Lot Number going first.

検量順、キットチェック順はロット番号の高い方から低い方へと行う。

13.1.5.3 The order that Athletes complete their lift attempt in the case that two (2) or more Athletes have submitted the same weight for that attempt, with the highest Lot Number going first.

選手が同じ重量を申告した場合、ロット番号の高い選手が先に試技をする。
13.1.5.4 In a combined category, the order that Athletes complete their lift attempt in the case that two (2) or more Athletes have submitted the same weight for that attempt and/or have the same Lot Number, the Athlete in the lighter Bodyweight Category going first.

いくつかの階級が同時に競技を進める場合、同じロット番号を持つ選手は、軽い階級の選手から先に試技を行う。

13.2 Team and Mixed Team Event
チームイベント、ミックスチームイベント

13.2.1 At Recognised Competitions, the Lot Number will be allocated for each Event based on the order of registration during the final entries by name deadline.
公認競技会では、最終エントリー締切時の登録順に、ロット番号が割り当てられる。

13.2.2 The Lot Number will dictate the following:
ロット番号の示すこと：

13.2.2.1 The order that Athletes attend the Weigh-in and Kit Check, with the highest Lot Number going first.
検量並びにキットチェックはロット番号の高い方から先に行う。

13.2.2.2 The order that Athletes complete their lift attempt in the case that two (2) or more Athletes have submitted the same weight for that attempt, with the highest Lot Number going first.
選手が同じ重量を申告した場合、ロット番号の高い選手が先に試技をする。

14 Categories and Groups
各階級とグループ

14.1 Individual Event
個人戦

14.1.1 At Recognised Competitions, Athletes may compete and/or be awarded medals in a single Bodyweight Category or combined categories as detailed below:
公認競技会では、選手は申込んだ階級、もしくは、いくつかの階級が合体して表彰を受ける。

14.1.1.1 Single Bodyweight Category: A single Bodyweight Category per gender, with medals awarded in following formats:
男女別単一階級の表彰は次の通り；

a) 3 or more Athletes 3名以上の選手がいる場合
b) MQS rule MQSルールの適用される場合

14.1.1.2 Combined Categories: May be multiple combined viable Bodyweight Categories per gender in any one (1) Event, with medals awarded in following formats:
いくつかの階級が合体した試合の表彰

a) 3 or more Athletes: All medals will be awarded (Gold, Silver, Bronze)
各階級に3人以上選手がいる場合は通常の表彰を行う。
b) MQS rule: when there is one (1) athlete in a single bodyweight category and
they lift equal to or more than the respective level MQS for that bodyweight
category as published in the competition information package (Gold).
階級に一人しか選手がない場合、関係要項に記載があれば、表彰基準値を超ええた場合
は金メダルを授与する。
c) **Coefficient Formula:** The medals will be calculated using the CF when the total
number of athletes is one (1) or two (2) in more than one (1) bodyweight
category, then combined groups can be formed at the discretion of WPPO to
consist of at least two (2) or more athletes per group for each gender.
各階級に選手が一人か二人しかおらず、階級を合体して試合を行う場合、WPPOの裁量
で、フォーミュラーにより異なる階級の選手に順位をつける。

### 14.2 Individual Event Groups
個人戦のグループ分け

**14.2.1** At Recognised Competitions, when there are eleven (11) or more Athletes competing in
a single Bodyweight Category or combined categories, then groups will be formed
with a minimum of five (5) Athletes per group.
公認競技会では、一階級（合体階級）で11人以上の選手が競技をする場合、2グループ（以上）に分け、1グループあたり最低5人以上で競技を行う。

**14.2.2** Groups are formed with Athletes with lightest first (1st) attempt (confirmed at the
Weigh-in) forming the first group, with progressively heavier attempts forming
subsequent groups.
グループは、検量時に提出された第一試技の申請重量の軽い順にグループを作り、次に重い試技を申請した者のグループが続く。

**14.2.3** Groups are labelled descending alphabetically (e.g., D, C, B and A).
グループは軽い方からアルファベット順で名前を付ける。

**14.2.4** Groups are formed as equally as possible (in terms of number of Athletes), with the
exception of group A, which will be formed of six (6) Athletes, unless WPPO determines
otherwise.
グループは、WPPOの指定がない限り、6人をグループAとし、その他のグループは、可能な限り同数とする。

**14.2.5** If there is an odd number of groups, the first competing group (descending
alphabetically) will have the larger number of Athletes.
グループの数が奇数ある場合、最初に競技をするグループの選手数を多くする。

**14.2.6** If an odd number of Athletes request the same first (1st) attempt (confirmed at the
Weigh-in) the Athlete with highest Lot Number will be allocated to the first competing
group (descending alphabetically).
奇数の選手が検量で同じ第一試技重量を申請した場合、ロット番号の高かった選手が最初の競技グループに割り当てられる。

**14.2.7** In a combined category, in case that two (2) or more Athletes have requested the same
first (1st) attempt (confirmed at the Weigh-in) and/or have the same Lot Number, the
Athlete in the lightest Bodyweight Category will go to the first competing group.
複数の階級で試合をする場合、検量で同じ第一試技を申請し、ロット番号も同じであった場合は、階級の
低い選手が最初のグループに入る。

WPPO Rules and Regulations March 2022 v1.0
14.2.8 At the discretion of the TD and WPPO in exceptional circumstances, if it is necessary for a group to be formed of fewer than five (5) Athletes, then three (3) minutes additional recovery time will be calculated and added at the end of Round one (1) and two (2).

WPPO と TD の裁量で、1 グループに 5 人以下しか選手がない場合、選手の疲労回復の為に、第一、第二ラウンドの間に 3 分の猶予を設ける。

14.2.9 The final groups are set after the Weigh-in.
グループ分けは検量後に行う。

14.3 Team and Mixed Team Event Groups
チームイベント、ミックスチームイベントのグループ

14.3.1.1 At Recognised Competitions, when there are more than five (5) teams or mixed team competing in the heats phase then two (2) groups may be formed to create a maximum of five (5) teams per group.
公認競技会では、5 つ以上のチームがチームイベントやミックスチームイベントに参加申し込みをした場合、ヒートフェーズでは、グループを 2 つ以上に分け、グループごとに最大 5 つのチームを編成できる。

14.3.1.2 Groups are formed with a draw after the Technical Meeting.
グループはテクニカルミーティング後に抽選で決められる。

14.3.1.3 Groups are labelled descending alphabetically (e.g., B and A).
グループはアルファベット順でグループ名をつける。

14.3.1.4 Groups are formed as equally as possible (in terms of number of teams). If there is an odd number of groups, Group B will have the larger number of teams.
グループはできるだけ同数とし、グループが奇数ある場合は、最初のグループに一番多い選手をいれる。

15 Weigh-in 検量

15.1 Weigh-in process
検量手順

15.1.1 The Weigh-in is the official process to verify the Athlete’s final bodyweight to confirm that the Athlete is within the necessary parameters permitting them to compete within their selected Bodyweight Category.
検量は、アスリートの最終体重を確認して、アスリートが選択した階級で競技することを確認するためのもの。

15.1.2 For Individual, Team and Mixed Team Events, each Athlete must attend the Weigh-in process in a designed, private area with the Technical Officials matching the same gender of the Athlete.
個人戦、チーム戦、およびミックスチームのイベントに参加する各選手は、定められた検量室で、同姓の役員によって、計量される。

15.1.3 Unless determined otherwise by WPPO, the Weigh-in process may occur up to one (1) day before the Event day of the respective Bodyweight Category, combined categories, Team and Mixed Team Event.
WPPO が特に指定しない限り、検量は、競技会日の一日前に検量する。
15.1.4 The Weigh-in process is completed in descending order of Lot Number from highest to lowest. For the Team and Mixed Team Event, the Weigh-in process is completed first by women, then by men if only one (1) Weigh-in area is available.

15.1.5 During the Weigh-in, the Athlete or the Team Official must confirm the starting weight and rack height. All of these details must be clearly entered on the official attempt card for that Athlete, witnessed and signed by the Athlete or the Team Official and then signed and retained by the Weigh-in official.

15.1.6 Each athlete may attend with one (1) Team official.

15.1.7 If an Athlete does not present to the Weigh-in in the scheduled time and/or with a form of identification, they will be disqualified (DSQ) from the Event.

15.1.8 Random Weigh-ins of the Athletes may take place in the day of the Event in advance of the warm-up for the specific Bodyweight Category at the discretion of WPPO. Should an Athlete weigh outside of the category limits, they will be disqualified (DSQ) from the Event.

Individual Event

15.2.1 The Weigh-in process will be scheduled by Bodyweight Category or combined categories and will be calculated in accordance with the number of final entries, from a minimum of twenty (20) minutes to a maximum of ninety (90) minutes, using the calculation of four (4) minutes average per Athlete.

15.2.2 An Athlete may only be weighed-in once (1), with the exception if an Athlete who is lighter or heavier than the necessary Bodyweight Category parameters may be weighed-in again as often as time allows, only after all other Athletes in the Event have completed their Weigh-in.

15.2.3 An additional twenty (20) mins may be added to the Weigh-in process if Athletes still have not made the necessary weight.

15.2.4 If an Athlete does not make the necessary Bodyweight Category parameters by the
end of the Weigh-in process the athlete will be disqualified (DSQ) from the Event.

指定検量時間内に体重調整が出来なかった場合は失格となる。

15.3 Team and Mixed Team Event

チームイベント

15.3.1 The Weigh-in process will be calculated in accordance with the number of final entries from a minimum of thirty (30) minutes to a maximum of ninety (90) minutes.

検量は、エントリー数によって計算され最短30分から最長90分とする。

15.3.2 An Athlete will only be weighed-in once (1). No additional time will be added to the Weigh-in process.

選手は一度しか検量することが出来ない。追加の検量時間もない。

15.3.3 During the Weigh-in, the team or mixed team must submit:

検量の間に、チームは次の情報を提出すること。

15.3.3.1 Lifting order of the Athletes, rack height and weight and;

選手の試技順、ラック高、体重

15.3.3.2 Lift attempt for the first (1st) Athlete

第一試技

16 Athlete Uniform and Personal Equipment

ユニフォームと個人用具

16.1 General rules concerning the uniform and personal equipment

ユニフォームおよび個人用具に関する一般規則

At Recognised Competitions, all Athletes must wear/use at competition area (warm-up, call area and FOP) lifting suit and shirt exclusively from WPPO Approved Suppliers, complying with the Rules in this section and in Appendix 4:

公認競技会では、すべての選手は、ツリバン並びにTシャツは、附則4にしたがってWPPO認定業者のものを着用/使用しなければならない。

16.1.1 Any uniform items that are not explicitly outlined may not be worn for safety purposes (e.g., earrings, hats, wristwatches, rings, etc.).

安全のために装飾品等は着用することはできない。（例：イヤリング、帽子、腕時計、指輪等）。

16.1.2 As a minimum, the Athlete must wear a lifting suit and sport shoes and socks (if exceptional circumstances exist based on the impairment type and/or health condition, it must be approved in classification)

最低限、選手はツリバンと靴を着用しなければならない。ただしクラス分けドクターが認めた場合は靴（靴下）は履かなくても良い。

16.2 Lifting Suit

ツリバン

16.2.1 One (1) lifting suit must be worn by the Athlete, complying with the following Rules.

下記のツリバンを着用しなければならない。
16.2.1.1 Must be one (1) piece;
ワンピースであること

16.2.1.2 Must be cotton, elastane, polyester, nylon or a combination of each;
綿、スパンデックス等、ポリエステル、ナイロン、またはそれ等組み合わせであること。

16.2.1.3 Must be a one (1) layer/thickness with the exception of the hem (two (2) layers permitted);
"層 (2層でもよい) 以外は1層であること。

16.2.1.4 Must not have any alterations or enhancements from the manufacturer design such as reinforced seams, angling of sleeves, exterior ribbed material, additional patches, padding, support, pockets, buttons, collars or zippers;
メーカーのデザインから、縫い目の補強や袖の角度変更をしたり、皺絹、パッチやパッドや補強素材を追加したり、ポケット、ボタン、襟またはファスナー等を付けてはいけない。

16.2.1.5 Must be form fitting on the Athlete’s body;
選手の体に密着していること。

16.2.1.6 Must include shoulder straps or sleeves;
肩のストラップ、または、袖がついていること。

16.2.1.7 If a sleeved model, must not have sleeves that extend beyond the deltoid tuberosity (midpoint of deltoid).
袖付きスーツの場合、三角筋結節（三角筋の中間点）を超えてはならない。

16.3 Shirt
Tシャツ

16.3.1 One (1) round neck shirt may optionally be worn by the Athlete under the lifting suit, complying with the following Rules:
下記ルールに従って、丸首のシャツをツリバンの下に着用しても良い。

16.3.1.1 Must be a one (1) layer/thickness with the exception of the hem (two (2) layers permitted)
"層以外は1層であること。

16.3.1.2 Must be cotton, polyester, nylon or a combination of each
綿、ポリエステル、ナイロン、またはそれらの組み合わせであること。

16.3.1.3 Must not have any alterations or enhancements from the manufacturer design such as reinforced seams, angling of sleeves, exterior ribbed material, additional patches, padding, support, pockets, buttons, collars or zippers
メーカーのデザインから、縫い目の補強や袖の角度変更をしたり、皺絹、パッチやパッドや補強素材を追加したり、ポケット、ボタン、襟またはファスナー等を付けてはいけない。

16.3.1.4 Must be form fitting on the Athlete’s body
選手の体に密着していること。

16.3.1.5 Must not have sleeves that extend beyond the deltoid tuberosity (midpoint of
16.4  Underpants

下着

16.4.1  One (1) set of underpants may be worn by the Athlete underneath the other uniform items. It must comply with the following Rules:

次のルールに従って、下着をつけても良い。

16.4.1.1  Must be form fitting on the Athlete’s body

選手の体に密着していること。

16.4.1.2  Must not be longer than the lifting suit legs or cover the knees

ツリパンからはみ出したり、膝を覆ったりするものは禁止。

16.4.1.3  Must be a one (1) layer/thickness with the exception of the hem (two (2) layers permitted)

裾以外は１層であること。

16.4.1.4  Must not have any alterations or enhancements from the manufacturer design such as reinforced seams, angling of legs, exterior ribbed material, additional patches, padding, support, pockets, buttons, collars or zippers

メーカーのデザインから、縫い目の補強や袖の角度変更をしたり、模織、バッチやパッドや補強素材を追加したり、ポケット、ボタン、襟またはファスナー等を付けてはいけない。

16.5  Other Outfit

その他の衣類

16.5.1  One (1) additional unitard or pair (2) of sleeves may be worn by the Athlete underneath the lifting suit and / or touching the t-shirt. It may cover the elbows and/or the knees. It must comply with the following Rules:

ツリパンやTシャツの下に、肘や膝を覆う、袖やユニタードを着用しても良い。

16.5.1.1  Must be any one (1) colour except black, with no pattern or design, with the exception of the manufacturer identification;

黒以外の色で、メーカーのロゴ以外の模様は不可。

16.5.1.2  Must be a one (1) layer/thickness with the exception of the hem (two (2) layers permitted);

袖以外は１層であること

16.5.1.3  Must not have any alterations or enhancements from the manufacturer design such as reinforced seams, angling of sleeves or legs, exterior ribbed material, additional patches, padding, support, pockets, buttons, collars or zippers;

メーカーのデザインから、縫い目の補強や袖の角度変更をしたり、模織、バッチやパッドや補強素材を追加したり、ポケット、ボタン、襟またはファスナー等を付けてはいけない。

16.5.1.4  Must be form fitting on the Athlete’s body, specifically over the Athlete’s elbows;

特に肘等選手の体に密着していること。

WPPO Rules and Regulations March 2022 v1.0 44
16.5.1.5 If the unitard option, it may be one (1) or two (2) pieces with the separation between the upper and lower body, and may be worn individually or together;

ユニータードを使う時は、上下別れていても良い、上だけ使っても良いし、下だけ使っても良い。

16.5.1.6 If the sleeve option, only one (1) sleeve may be worn on each arm.

袖を二枚使ってはいけない。

16.6 Sport Shoes and Socks

靴と靴下

16.6.1 One (1) pair of sport shoes and socks must be worn by the Athlete. If exceptional circumstances exist based on the impairment type and/or health condition, it must be approved in Classification.

クラス分けで認められていな限り、スポーツシューズと靴下をはかなければならない。

16.7 Sport Bra

スポーツブラ

16.7.1 One (1) sport bra may be worn by the Athlete underneath the lifting suit, shirt and other outfit, complying with the following Rules:

ツリパンやTシャツ等の下に下記のルールに従って、スポーツブラをつけても良い。

16.7.1.1 Must lie completely flat when placed on a table

テーブルに置いたときに平らになること。

16.7.1.2 Must not have any stiffening, wiring, padding, velcro straps or alterations or enhancements such as reinforced seams, exterior ribbed material, additional patches, padding, support, pockets, buttons, collars or zippers

補強、ワイヤー、パッド、マジックテープストラップ、縫い目の補強、弾織素材、あて布、ポケット、ボタン、ファスナーなどがついていないこと。

16.8 Head item

スカーフ

16.8.1 One (1) head item may be worn by the Athlete, complying with the following Rules:

次のルールにしたって、1つだけスカーフ等をつけても良い。

16.8.1.1 Must be any one (1) colour except black, with no pattern or design, with the exception of the manufacturer identification;

メーカーロゴ以外のデザイン、模様は禁止。黒以外なら何色でもよい。

16.8.1.2 Must be a one (1) layer/thickness with the exception of the hem (two (2) layers permitted);

裾以外は１層であること。

16.8.1.3 Must lie completely flat when placed on a table;

テーブルに置いたとき平らになること。

16.8.1.4 Must be form fitting on the Athlete’s head and/or neckline;

選手の頭や首のラインに密着していること。
16.8.1.5 Must not have any stiffening, wiring, padding, or alterations or enhancements such as reinforced seams, exterior ribbed material, additional patches, padding, support, pockets, buttons, collars, zippers, sequins or jewellery;

補強、ワイヤー、パッド、マジックテープストラップ、縫い目の補強、縫製素材、あて布、ポケット、ボタン、ファスナーなどがついていないこと。

16.8.1.6 Must not cover the eyes, nose and mouth, or be worn below the neckline.

目、鼻、口を覆ったり、ネックラインから垂れ下がったりしてはいてはいけない。

16.9   Bench Straps

ストラップ

16.9.1 One (1) or two (2) bench straps may be used by the Athlete for additional stability, complying with the following Rules:

次のルールに従って、ストラップを1本、もしくは2本巻いたてもよい。

16.9.1.1 Must be any one (1) colour with no pattern or design with the exception of the manufacturer design;

メーカーロゴ以外の模様などが入っているものは禁止。一色であること。

16.9.1.2 Must have a length of minimum one hundred sixty (160) cm to a maximum two hundred twenty (220) cm;

長さは160cm以上220cm以下であること。

16.9.1.3 Must have a Velcro fastening;

マジックテープが取り付けてあること

16.9.1.4 Must have a width of minimum seven and a half (7.5) cm to a maximum ten (10) cm;

幅は7.5cm～10cmであること。

16.9.1.5 Must not have any additional padding, bracing, support or loops.

あて布やその他締め付けるための道具等がついていないこと。

16.9.2 The bench straps must be used in the following way:

ストラップの使い方は次の通り。

16.9.2.1 Placed anywhere from the ankle joints to the hip joints

足首から股関節までどこに巻いても良い。

16.9.2.2 If two (2) straps are being, must never overlap

ストラップを二本使う場合は重ならないこと。

16.9.2.3 Must be placed by the Athlete or their coach with support from the Spotter Loaders

選手が自分でしても、補助員の助けを得てコーチが巻いても良い。

16.9.3 Exceptions for different impairment types and/or health conditions for placement (on, across and/or above the hip line) must be noted in classification documents.

股関節の上に巻いたり、ストラップをクロスさせたりする場合はクラス分けにその旨書かれていること。

16.10 Belt

ベルト
16.10.1 One (1) belt may be worn by the Athlete over the lifting suit, t-shirt and other outfit, complying with the following Rules:

ツリパン等の上にベルトを1本巻いても良い。

16.10.1.1 Must have a main body made of leather, vinyl or other similar non-stretch material in one or more laminations, which may be glued and/or stitched together

本体は、革、ビニール、または他の同様の非伸縮性素材で作られていること。1層、もしくは、複数の素材を貼り合わせたラミネート加工であること。

16.10.1.2 Must not have any additional padding, bracing or support of material on the surface or within the laminations

ラミネート加工の間に余分なあて布や強化素材が縫い込まれていないこと。

16.10.1.3 Must have a buckle with one (1) or two (2) prongs or a ‘quick release’ system, attached at the end of the belt by stitching and/or studs

ベルトの端に一本もしくは二本ピンのバックルが取付けられていること、もしくはクイックリリースタイプでもよい。

16.10.1.4 Must have a tongue loop attached close to the buckle by stitching and/or studs

バックルのそばにループがあること。

16.10.1.5 Must have a maximum width of twelve (12) cm

幅12cm以内であること。

16.10.1.6 Must have a maximum thickness of the main body of one and three tenths (1.3) cm

厚さは13mm以下であること

16.11 Wrist Wraps

リストラップ

16.11.1 One (1) wrist wrap on each wrist may be worn by the Athlete, complying with the following Rules:

選手は、下記のルールに従って、リストラップを1つ、使用しても良い。

16.11.1.1 Must be made of commercially available materials

市販の素材で作られていること。

16.11.1.2 May have Velcro patches and tabs for securing (“hook and loop”)

固定用のマジックテープやループがついていてもよい。

16.11.1.3 Must not have a buckle for securing

固定する為にバックルがついていてはいけない。

16.11.1.4 May be a commercially available wrist wrap or bandage but not be a combination of the two (2)

リストラップとリストバンドのどちらかを使っても良いが併用は禁止。

16.11.1.5 Must have a maximum width and covered width of twelve (12) cm

幅は12cm以下であること。
16.11.1.6   Must have a maximum length of one hundred (100) cm

長さは1m以内であること。

16.11.1.7   Must not extend twelve (12) cm above and two (2) cm below the centre of the wrist joint

手首関節より2cm下、12cm上に巻いてはならない。

16.11.1.8   If the wrist wrap has a thumb or finger loop, it must not be used during the lift attempt

リストラップにループがついている場合、試技中は外さなければならない。

16.12   Plasters and Medical Tape

絆創膏と医療用テープ

16.12.1   Plasters and/or medical tape must not be worn anywhere on the Athlete’s body, including the fingers, thumbs and hands, without official permission of the TD with the official medical personnel. Plasters and/or medical tape must only be used for medical purposes (e.g., injuries) and placed in a fashion that would not grant the Athlete and advantage.

絆創膏や医療用テープは、TDと大会公認ドクターの許可なしに、指、親指、および手を含む選手の体のどの部分にも使用してはならない。医療目的（怪我対応）でも選手に有利になるような、絆創膏や医療用テープの使用は認められない。

16.12.2   Any other non-medical taping (e.g., physiological) is not permitted.

その他のテーピングの使用は禁止。

16.13   Mouthguard

マウスガード

16.13.1   One (1) mouthguard may be worn by the Athlete.

マウスガードは1個なら使用しても良い。

17   Kit Check

キットチェック

17.1   Kit Check process

キットチェックの手順

17.1.1   Each Athlete must attend the Kit Check process before the Event.

競技開始前に選手はキットチェックを受けなければならない。

17.1.2   The Kit Check process will occur before entering to the warm-up area in a specific area or in the warm-up area at their allocated bench.

キットチェックはアップ場に入る前か、アップ中に各ベンチ台で行われる。

17.1.3   The Kit Check process is completed in descending order of Lot Number, from highest to lowest of their respective group.

キットチェックは常にロット番号の大きい方から小さい方へ行われる。

17.1.4   If an Athlete does not present to the Kit Check in the scheduled time and/or with a form
of identification, they will be disqualified (DSQ) from the Event. The Athlete must wear every uniform item and personal equipment that will be used during the Event in the Kit Check process if not they will be disqualified (DSQ) from the event.

キットチェックに出席しなかったり、試技中にキットチェック時と違うものを着用していった場合は失格となる。

17.1.5 For approval for the Event, all items and equipment must be in accordance with these Rules.

公認競技会では、全ての各自の用具をルールに沿ったものであること。

17.1.6 During the Event, if an Athlete is found to be wearing uniform items not presented and approved during the Kit Check process or the item is used to gain an unfair advantage (e.g., when worn by the Athlete, the item is too tight and provides an unfair advantage or is impeding the view of the Referee), it may be challenged by the Technical Controller or Referee. At the earliest opportunity, the TD shall then review the Athlete’s uniform and determine if the Athlete is disqualified (DSQ) from the Event.

試技中、キットチェック時と異なる者を着用していたり、きつい衣類を身に着けたり、審判や TC の視界を妨げるようなものを身に着けていた場合は、TD がチェックをし、失格にすることが出来る。

18 Warm-Up

アップ

18.1 General

一般ルール

18.1.1 In the Individual, Team and Mixed Team Events, one Team Official may perform the activity of helping the Athlete take the bar out of the racks, if requested by the Team Official and approved by the TD in the warm-up period.

個人戦、チーム戦、ミックスチーム戦では、選手のセンター補助をチームの役員ができるが TD がアップ時に承認した場合のみ可となる。

18.1.2 If there are more Athletes in a group than there are benches available in the warm-up area, all NPCs must respect each other and allow equal access to the benches to warm-up.

もし、グループに十分なベンチ台がない場合は、各チームはお互いに譲り合いながらアップをしなければならない。

18.1.3 Any breach of this Rule 18 by an Athlete and/or coach may result in the removal of the warm-up pass and/or accreditation by WPPO and/or the TD.

チーム通過の譲り合いができない場合は、WPPO もしくは TD によって失格となる。

18.2 Individual Event

個人戦

18.2.1 Athletes will be allocated a reasonable warm-up time prior to the start of the Event.選手は試技前に妥当なアップ時間が割り当てられる。

18.2.2 The warm-up area will only be accessible to competing Athletes and their Team Official
with presentation of the accreditation and warm-up pass.

アッブ場へはIDカードの提示、ウォームアップパスの提示があった場合のみ入れる。

18.2.3 The warm-up passes will enable a maximum of two (2) Team Officials per Athlete to enter the warm-up area when they have competing Athletes.

ウォームアップパスは、そのグループに選手がいる場合は、選手一人につき2枚まで発行される。

18.2.4 When Events have more than one (1) group of Athletes, the Athletes and Team Officials of the highest alphabetically ordered group that are competing first will have priority access to the benches in the warm-up area.

複数のグループがある場合は、アルファベットの大きいグループから優先的にアッブ場に入れる。

18.2.5 Once the Athletes of the first group leave the benches to complete their first lift attempt, they will go to and remain at the call area, and not return to the warm-up area. Afterwards, the next highest alphabetically ordered group will have access to the benches in the warm-up area.

最初のグループの選手はアップが終われば、コールエリアに入り、アップ場に戻ることはできない。アップ場には、次のグループの選手がアップに入る。

18.3 Team and Mixed Team Event

チームイベント、ミックスチームイベント

18.3.1 Teams will be allocated a minimum period of forty (40) minutes of warm-up time prior to the start of the heats.

チームイベントはヒートフェーズが始まる前に最低40分のアップ時間を割り当てられる。

18.3.2 Between the heats, head-to-head, and third (3rd) place and final phases, teams will be allocated a minimum period of five (5) minutes of warm-up time.

ヒートフェーズと1対1、三位決定戦、最終フェーズの間それぞれ最低5分間のアップ時間が設けられる。

18.3.3 Each team will be provided with two (2) team or mixed team warm-up pass to access the warm-up area and one (1) bench number that identifies their assigned bench in the warm-up area.

各チームベンチ台1台、ウォームアップパスは2枚受け取ることが出来る。

18.3.4 The warm-up area will only be accessible to competing Athletes and two (2) Team Officials with presentation of the accreditation and warm-up pass.

アップエリアにはIDカードとウォームアップパスの提示によって、選手と2名の役員まで、入ることが出来る。

19 Athlete and Technical Official Introduction

選手と役員の紹介

19.1 Introduction process

紹介手順

19.1.1 The Athlete and Technical Official presentations must be conducted according to the requirements outlined in Appendix 11.

附則11にしたがって選手並びに役員の紹介を行う。
20 Individual Event
個人戦

20.1 Individual Event Process
個人戦の手順

20.1.1 The Event will begin after the warm-up as stated on the Competition schedule by descending group.

競技はアルファベットの大きいグループ順にアップの後行われる。

20.1.2 Athletes will have one (1) lift attempt in three (3) distinct Rounds in the Event.
選手は各ラウンドで1回の試技ができる。

20.1.3 During the three (3) Rounds as well as the Power Lift, the Athlete may only request a lift attempt that is a multiple of a full kilogram (one (1) kg):
競技中、選手は1kg単位で試技を申し告することが出来る。

20.1.3.1 If a lift attempt is a “No Lift”, an Athlete may request the same weight in the next Round.
試技が失敗であった場合は同重量を次のラウンドで申し告できる。

20.1.3.2 If the lift attempt is a “Good Lift”, an Athlete must raise the weight by a minimum of one (1) kilogram in the next Round.
試技が成功であった場合は1kg以上の重量を次のラウンドで申し告できる。

20.1.4 During the Event, the Athlete will have two (2) minutes from when their full name is announced in English to receive the start command. If an Athlete is required to complete their lift attempt immediately after their previous lift attempt, three (3) minutes will be allocated for their second lift attempt.

試技は、英語で名前が呼ばれてから2分の間に行う。連続試技の場合は3分の間に試技を行う。

20.1.5 The Athlete may be accompanied to the bench by one (1) Team Official. The Team Official may assist the Athlete getting on and off the bench and strapped. During the lift attempt, the Team Official must remain in the designated coach area.

選手は1名のチーム役員と一緒に舞台に上がることが出来る。ベンチ台に登ること、センター補助、ストラップのサポートをすることが出来る。試技中はコーチエリアにいること。

20.1.6 After the completion of the lift attempt and the display of the lift decision, the Athlete and Team Official must leave the bench and lifting area as soon as possible.

試技が終了し、判定が出たら速やかに選手、役員は舞台から降りなければならない。

20.1.7 Athletes compete within groups as determined after the Weigh-in. Within the groups, the Athletes compete from lightest to heaviest lift attempt weight in each Round. If the lift attempt is the same for two (2) or more Athletes, the Athlete with the highest Lot Number will lift first (1st).

選手は検量後に割り当てられたグループで試技をしなければならない。選手は、申告重量の軽い者から重い者へと試技を行う。申告重量が同重量の場合は、ロット番号の大きい方から試技を行う。

20.1.8 In case of temporary suspension of the Event, the Athletes will be allocated a minimum of forty (40) minutes warm-up period and the Event and scoreboard will continue as it
was before the suspension.

20.2 Rounds and Lift Attempt Changes

ラウンドと重量変更

20.2.1 Round 1

第一ラウンド

20.2.1.1 The starting lift attempt weight for Round 1 is confirmed during the Weigh-in. It must be a minimum of twenty-five (25) kgs.

スタート重量は検量時に確認され、最低 25kg 以上でなければならない。

20.2.1.2 One (1) change is allowed, either:

スタート重量は一回だけ変更できる。

a) Lower to a maximum of ten (10) kilograms less than the original lift attempt (but not below twenty-five (25) kgs); or

重量を下げる時は 10kg まで下げても良いが、25kg 以下になってはいけない。

b) Higher to a maximum of ten (10) kilograms.

重量を上げる時は 10kg まで上げられる。

20.2.1.3 Athletes competing in the first or only group may make their one (1) change from thirty (30) minutes before the start of Event until five (5) minutes before the start of the first Round.

重量変更は競技開始 30 分前から 5 分前までとする。

20.2.1.4 Subsequent groups in the same Bodyweight Category and Events are allowed to make their change from thirty (30) minutes before the start of the first group until five (5) minutes before the start of their first Round, by requesting this to the Marshall. This selection must be made by the Athlete or their Team Official on the attempt card.

次のグループは最初のグループの始まる 30 分前から次のグループの始まる 5 分前までに重量変更する。変更はマーシャルに申請し、選手は役員が試技カードに書き込む。

20.2.1.5 The group of Athletes will remain by the starting (first) lift attempt weight confirmed in the Weigh-in but the lifting order in each group will update with any changes made in the warm-up by the deadline.

グループ分けは最初の検量時の申告によって行われ、重量変更してもグループ分けは変わらない。ただし、試技順は、重量変更後の軽い重量から重い重量へと進行する。

20.2.2 Round 2

第二ラウンド

20.2.2.1 The initial lift attempt for Round 2 must be requested to the Marshall within one (1) minute of the lift decision of the Referee from Round 1 being displayed. This
selection must be made by the Athlete or their Team Official on the attempt card.

20.2.2.2 It must be a weight increase, unless a "No Lift" was recorded by that Athlete in Round 1, in which case the weight may be the same as the weight attempted by that Athlete in Round 1.

申請重量、第一ラウンドより増加しなければならないが第一ラウンドが失敗の場合は同重量でもよい。

20.2.2.3 If no attempt is requested and the lift decision was “Good Lift” in Round 1, then the attempt for Round 2 shall automatically be one (1) kg more than the Athlete’s attempt in Round 1.

第二ラウンドの重量申請がなかった場合、第一ラウンドが成功であった場合、1 kg 増加の重量が第二ラウンドの重量となる。

20.2.2.4 If no attempt is requested and the lift decision was “No Lift” in Round 1, then the attempt for Round 2 shall automatically be the same as the Athlete’s attempt in Round 1.

第二ラウンドの重量申請がなく、第一ラウンドが失敗であった場合、同重量が第二ラウンドの重量となる。

20.2.3 Round 3

第三ラウンド

20.2.3.1 The initial lift attempt for Round 3 must be requested to the Marshall within one (1) minute of the lift decision of the Referee from Round 2 being displayed. This selection must be made by the Athlete or their team official on the attempt card.

第三ラウンドの判定が出てから 1 分以内に第三ラウンドの重量をマーシャルに申請する。申請は選手でもチーム役員でもよい。

20.2.3.2 It must be a weight increase, unless a "No Lift" was recorded by that Athlete in Round 2, in which case the weight may be the same as the weight attempted by that Athlete in Round 2.

申請重量、第二ラウンドより増加しなければならないが第二ラウンドが失敗の場合は同重量でもよい。

20.2.3.3 If no attempt is requested and the lift decision was “Good Lift” in Round 2, then the attempt for Round 3 shall automatically be one (1) kg more than the Athlete’s attempt in Round 2.

第二ラウンドの重量申請がなかった場合、第二ラウンドが成功であった場合、1 kg 増加の重量が第三ラウンドの重量となる。

20.2.3.4 If no attempt is requested and the lift decision was “No Lift” in Round 2, then the attempt for Round 3 shall automatically be the same as the Athlete’s attempt in Round 2.

第二ラウンドの重量申請がなく、第二ラウンドが失敗であった場合、同重量が第三ラウンドの重量となる。

20.2.3.5 Two (2) changes are allowed, either:

二回の変更が認められる。
a) Lower to an amount not lower than the initial lift attempt weight for Round 2;
変更で重量を下げても良いがラウンド2の重量よりは重いこと。
b) Higher (to no limit).
重量を上げる制限はない。

20.2.3.6 A change request under Rule 20.2.3.5 may only be made under the following conditions apply:
重量変更ルールは20.2.3.5ルールのもと、下記の場合に行える。
a) If the TA has not called the full Athlete name in English to start their lift attempt; or
アナウンサーがまだ名前を読んでいない場合。
b) the requested weight is not equal to or lower than any lift attempt already completed (either “Good Lift” or "No Lift") by another Athlete in Round three (3) who would have gone before due to Lot Number; or
申請重量は、前の選手の試技重量より軽い場合は申請できない。また、同重量を申請する場合は、前の選手のロット番号が本人のロット番号より高い場合のみ可能。
c) the requested weight is not equal to or lower than the weight attempted in Round two (2) by that Athlete.
申請重量は第二ラウンドより軽くないこと。

20.2.4 Throughout the Event, the rack height may be changed by the Marshall only.
試技中のラック高の変更は、マーシャルによってのみ行われる。

21 Team and Mixed Team
チームイベントとミックスチームイベント

21.1 Team and Mixed Team Process
チームイベントとミックスチームイベントの手順

21.1.1 The Event will begin after the warm-up as stated on the Competition schedule by
descending group and by phase.
いずれのイベントもアップの後、グループのアルファベット順で試合が行われる。

21.1.2 The Event consists of three (3) phases:
イベントは3つのフェーズからなる。

21.1.2.1 Heats
ヒート

21.1.2.2 Head-to-Head Matches
1対1試合

21.1.2.3 Third (3rd) Place and Final Matches
3位決定戦と優勝決定戦

21.1.3 If there are four (4) or five (5) teams, teams will compete in a heat phase in one (1) group
and the four (4) top ranked teams will advance to the head-to-head matches.
4以上のチームがエントリーしている場合、全チーム同時にヒートフェーズ試合を行い、トップ4チームが
1対1試合に上がる。

21.1.4 In the heats, if there are six (6) or more teams, the number of groups and how four (4)
teams will advance to the head-to-head matches will be confirmed during the Technical Meeting.

ヒートフェーズで6つ以上のチームがいる場合、どういうグループ分けをして、どのように4つチームを1対1試合に進めるかはテクニカルミーティングで決める。

21.1.5 Once the top 4 ranked teams from the Heats is set, the computer will automatically draw 2 head-to-head matches (A & B) on the scoreboard. The head-to-head with the lowest team Lot Number will compete 3rd-Match B, immediately followed by Match A.

トップ4チームがヒートフェーズで決まれば、コンピューター抽選によって1体1試合のチームが決まる。チームのロット番号が低い方が試合Bロット番号の大きい方が試合Aとし、Bから競技を行う。

21.1.6 In the head-to-head matches, per match B and A, the one (1) top ranked team will advance to the final match. The lower ranked team will advance to the third (3rd) place match.

1対1試合では競技成績の低い方のチームが3位決定戦に行く。

21.1.7 In each phase, teams will have one (1) lift attempt in three (3) distinct Rounds. Each Athlete will lift once (4) in their identified Round.

各フェーズでは選手は1試技だけを行う。

21.1.8 After the heats and head-to-head phase, teams have up to two (2) minutes before the Event start time to submit the order of Athletes, lift attempt and rack height for the first (1st) Athlete only. Failure to submit the order of the Athletes will result in the order being randomly selected.

ヒートフェーズ、1対1試合では、試技開始2分前までに最初に試技をする選手の順位とラック高を申請する。これを怠ると選手の試技順はランダムに決められます。

21.1.9 During the three (3) Rounds, the Athlete may only request a lift attempt that is a multiple of a full kilogram (one (1) kg). If a team fails to submit their attempt within the allocated time, twenty-five (25) kgs will be automatically selected.

3ラウンド回るうち、選手は決められた時間内に次の重量を申請しなければならない。申請しなかった場合は自動的に25kgとなる。

21.1.10 During the Event, the Athlete will have two (2) minutes from when their full name is announced in English to receive the start command. If an Athlete is required to complete their lift attempt immediately after their previous lift attempt, three (3) minutes will be allocated for their lift attempt.

試合中、選手は名前を呼ばれてから2分間の持ち時間がある。もし、連続で試技をする場合があった場合は3分間の持ち時間が与えられる。

21.1.11 The Athlete may be accompanied to the bench by one (1) Team Official. The Team Official may assist the Athlete getting on and off the bench and strapped. During the lift attempt, the Team Official must remain in the designated coach area.

選手は1名のチーム役員の帯同で舞台上に上がられる。役員はベンチ台に乗る、ラッパウト、ストラップをすることが出来る。試技中、役員はコーチエリアにいること。

21.1.12 After the completion of the lift attempt and the display of the lift decision, the Athlete
and Team Official must leave the bench and lifting area as soon as possible.

During the Event the Athletes compete from lightest to heaviest lift attempt weight in each Round. If the lift attempt is the same for two (2) or more Athletes, the Athlete with the highest Lot Number will lift first.

22 Chief Referee Commands

22.1 Start Command

When the Chief Referee is satisfied with the Athlete’s body position within the lift attempt time limit, they will provide a start command and signal (audible “start” and visual downward movement of the extended arm) to alert the Athlete to begin their lift attempt.

The start command will not be given if one (1) or more of the body position elements are incorrect. The Left or Right Referee will raise their arm if they observe that one (1) or more of the body position elements are incorrect before the Chief Referee gives the start command.

22.2 Rack Command

When the Chief Referee is satisfied the Athlete has completed their lift attempt execution or it is believed the lift attempt will fail for safety reasons, they will provide a rack command and signal (audible “rack” and visual backward movement of the extended arm) to alert the Athlete and or the Spotter Loaders to place the bar on the racks.

23 Lift Executions

23.1 Good Lift Execution

The three (3) Referees will judge a “Good Lift” if the Athlete executes correctly all the following sequences*:

*三人の審判は選手が下記の全てのシークエンスを満たしたときに「成功」と判定する。
23.1.1.1  Body Position Sequence (Turquoise)

ボディポジションシークエンス（ターコイズ、緑）

a) The Athlete lies on the bench on their back and assume the lifting position during the entire lift.

選手はベンチに背中をつけて、試技中この姿勢を変えない。

b) The Athlete’s head, shoulders, buttocks, fully extended legs and heels (if applicable) remain on and touching the bench during the entire lift. The athlete may shake/slide on the bench as long as this does not change their starting position.

頭、肩、臀部、足（伸ばす）、踵（クラス分け注意がない限り）を試技の間中ベンチ台に付けている。ただし多少の震えやスライドがあってもこの姿勢を維持している限り問題ない。

c) The Athlete is strapped in accordance with Rule 16.9 set out in Athlete Uniform and Personal Equipment.

選手のストラップが正しく巻かれている。ルール16.9参照

d) All the fingers of the Athlete are wrapped firmly around the circumference of the bar with the thumbs on the opposite side of the other fingers during the entire lift.

バーをくるむように指を回してしっかり握ること。親指は他の指の反対側にある。

e) The spacing of the Athlete’s hands is within eighty-one (81) cm from either forefinger as indicated by the markings on the bar.

手幅は81cm以内に人差し指がある。

f) The bar is taken under control at arm’s length with locked elbows, subject to any special medical conditions.

クラス分けによる条件がない限り、バーは腕の長さでロックする。

g) The Athlete begins the lift after the start command is given.

スタートの合囲の後に選手は試技を始める。

23.1.1.2  Down Sequence (Blue)

ダウンシークエンス（青）

a) The bar is controlled (e.g. not dropped/hit the chest) throughout the movement during the eccentric/downwards movement of the bar.

バーをコントロールして胸に下す。バーを落とすような動作、胸にぶつけるような動作はしない

23.1.1.3  Stop Sequence (Orange)

ストップシークエンス（オレンジ）

a) The bar touches on the chest and remains static between the eccentric/downwards and concentric/upwards movement of the bar.

バーが胸に触り、静止する。

b) The bar has stopped on the chest and does not sink into the chest before being pressed upwards.

バーは胸で静止し、上げ始めるまでに胸に沈まない。
23.1.4 Press Sequence (Purple)

プレスシーケンス（紫）

a) The bar is pressed upwards without unnatural support from several body parts (e.g., “pushing” or “thrusting” with the shoulders and/or chest to propel the bar upwards).
不自然な体の動作でバーを押し上げない（肩や胸を使ってバーを上げようとする）

b) The bar moves in an upward motion during the concentric/upwards movement of the bar.
バーは常に上向きに上がっている。（下がらない）

c) The bar is pressed with equally timed lock out of both arms and elbows.
両肘、両腕が同時にロックアウトする。

d) The Athlete puts the bar back onto the rack after the rack command is given by the Chief Referee.
主審の合図後にバーをラックに戻す。

23.1.2 *Any exceptions for different impairment types and/or health conditions must be noted in Classification documents. Any changes to the impairment type must be updated according to the Classification Rules and Regulations through a Medical Review Request.
上記で例外のある時は、IPC バスポートに書かれていること。また、障害に何か変化があるときは、メディカル再リクエストを行うこと。

23.2 No Lift Execution

失敗動作

23.2.1 The three (3) Referees will judge a “No Lift” if the Athlete executes fails to complete the “Good Lift” execution as set out in Rule 23.1 above, or if any of the following apply:
3人の審判者は、上記ルール 23-1 を満たさない試技、もしくは下記の場合、失敗と判定する。

23.2.1.1 Body Position Sequence (Turquoise)

ボディポジションシークエンス（ターコイズ、緑）

a) The Athlete does not lie on the bench on their back and does not assume the lifting position during the entire lift.
ベンチ台に背中を付けず、試技中、同じ姿勢を保っていない。

b) The Athlete’s head, shoulders, buttocks, fully extended legs and heels (if applicable) do not remain on and touching the bench during the lift.
頭、肩、臀部が試技の間中ベンチ台についていない。足を伸ばし、踵をしっかりとベンチ台に付けていない。
（クラス分けによる例外はある。）

c) The Athlete is not strapped in accordance with Rule 16.9 in Athlete Uniform and Personal Equipment.
ルール 16.9 に従ったストラップの巻き方をしていない。

d) Any of the fingers of the Athlete are not wrapped firmly around the circumference of the bar.
アスリートの手指は、バーの周囲にしっかり巻いていない。
with the thumbs on the opposite side of the other fingers during the entire lift.

指をしっかり回してバーを握らず、親指が他の指と反対側の位置に来ていない。

e) The spacing of the Athlete’s hands exceeds the eighty-one (81) cm from either forefinger as indicated by the markings on the bar.

人差し指が 81cm の内側を握っていない。

f) The bar is not taken under control at arm’s length with locked elbows, subject to any special medical conditions.

メディカル条件がないにもかかわらず腕の長さまでバーを押していない。

g) The Athlete begins the lift before the start command is given.

スタートの合図の前に試技を始めた。

h) The athlete does not start their lift within the lift time allowance when given the start command;

スタートの合図まで 2 分を切った。

h) The Athlete does not receive the start command within the lift time allowance.

2 分以内にスタートの合図を受えなかった。

23.2.1.2 Down Sequence (Blue)

ダウンシークエンス（青）

a) The bar is not controlled (e.g. is dropped/hits the chest) throughout the movement during the eccentric/downwards movement of the bar.

バーを落とすように胸にぶつけ、コントロールしてバーを胸に降ろしていない。

23.2.1.3 Stop Sequence (Orange)

ストップシークエンス（オレンジ）

a) The bar does not touch on the chest.

バーが胸についていない。

b) The bar does not remain static between the eccentric/downwards and concentric/upwards movement of the bar.

バーが下すフェーズと上げるフェーズの間に静止していない。

c) The bar has stopped on the chest and sinks into the chest before being pressed upwards.

バーが胸に止まったあと沈んで再び押し上げる。

23.2.1.4 Press Sequence (Purple)

プレスシークエンス（紫）

a) The Athlete fails to press the bar.

バーを押せなかった。

b) The bar is pressed upwards with unnatural support from several body parts (e.g., “pushing” or “thrusting” with the shoulders and/or chest to propel the
bar upwards).

The bar does not move in an upward motion during the concentric/upwards movement of the bar.

d) The bar is pressed without equally timed lock out of both arms and elbows.

The Athlete puts the bar back onto the rack before the rack command is given by the Chief Referee.

If the bar hits the racks during any time of the execution of the lift (even if was not intentionally)

The attempt is determined unsuccessful during the lift (e.g., the Athlete is injured, the Athlete is unsafely straggling) and the Chief Referee provides a “rack” command.

23.3 Lift Decision

23.3.1 Once the bar has been placed in the racks, the three (3) Referees announce their collective decision by means of lights or flags.

A “Good Lift” is constituted by two (2) or three (3) white lights/flags.

A “No Lift” is constituted by two (2) or three (3) red lights/flags. Based on the T&S, one (1) or up to four (4) lights (turquoise, blue, orange and purple) “No Lift” sequences will be shown.

24 Lift Challenge

24.1 Lift Challenge Description

At IPC Games, WPPO Championships and Sanctioned Competitions where the Lift Video Review System (LiftVRS) is used, Athletes will have the opportunity to challenge only their own “No Lift” decision.

IPC ゲーム、WPPO 選手権、公認大会では、リフト ビデオ レビュー システム (LiftVRS) が使用され、選手は自分の「失敗試技」の判定にのみ異議を唱える機会がある
24.1.2 The Lift Challenge process must be initiated by the Athlete and/or the Team Official submitting a Lift Challenge card to the Lift Challenge card reader within one (1) minute of their lift decision displaying on the attempt board.

リフト めけんジは、判じ後１分以内に、選手又はチーム役員がリフト めけんジ カードをリフト めけんジ カードリーダーにタッチする。

24.1.3 A Lift Challenge card may be purchased at a cost of one hundred Euros (€100) during the Technical Meeting. Full payment must be paid immediately upon request of a Lift Challenge card.

リフト めけんジ カードは、テクニカル ミーティングで100 ユーロ (€100) で購入できる。

24.1.4 Any purchased Lift Challenge cards retained by an Athlete or Team Official must be returned to the WPPO management before the close of that Competition in order to receive a full refund. Any Lift Challenge cards that are not returned in this timeframe will no longer be valid or eligible for a refund.

選手またはチーム役員が購入済みのリフト めけんジ カードは、競技終了までに WPPO 管理者に返却する。この期間内に返却されなかったリフト めけんジ カードは無効となり、払い戻しの対象にもならない。

24.1.5 The Lift Challenge may take place in one (1) of the following formats, at the discretion of WPPO:

リフト めけんジ の対応は、WPPO の裁量により次のどちらかを採用する。

24.1.6 Jury Challenge Format

ジュリーメンジンフォーマット

24.1.6.1 Each Jury member will judge the lift in real time from one (1) angle of the lift through the LiftVRS that matches the Referee position and provide a decision.

各審査員は、各審査員が同方向から LiftVRS を見て判定する。

24.1.6.2 Only when a Lift Challenge is initiated, J1 will immediately check all the decisions that were made by each member of the Jury (J1, J2 and J3). This will occur without any need to suspend the Event, and the outcome of the challenge will be automatically displayed on the board, resulting in the outcomes below:

リフト めけんジ が申請された場合にのみ、J1 は審査員各メンバー (J1, J2, および J3) の判定を確認する。イベントを中断する必要なく、チャレンジの結果はコンピューターボードに自動的に表示され、結果は次の通りとなる。

a) Lift Challenge is successful: by unanimous decision, the three (3) Jury members judge the lift as a “Good Lift”. When a Lift Challenge is successful, the lift decision is overturned to “Good Lift” and the result and ranking is revised. The Lift Challenge card and fee will be returned.

リフト めけんジ 成功の場合: 3人の審査員がそのリフトを "成功" と判断した場合、失敗試技の判定が覆り成功となる。リフト めけんジ カードと料金は返却される。

b) Lift Challenge is unsuccessful: if minimum one (1) of the Jury members judge the lift as a "No Lift". When a Lift Challenge is unsuccessful, the lift decision remains as "No Lift", and the Lift Challenge card and fee will be kept and provided to WPPO
Referee Challenge Format

24.1.7.1 Only when a Lift Challenge is initiated, each Referee who initially judged a “No Lift” will review the lift in real time from their angle of the lift through the LiftVRS and provide a decision (against their original “No Lift” sequences only).

24.1.7.2 Only when a Lift Challenge is initiated, the Event is stopped for the Referees to review and provide a decision, and the outcome of the Lift Challenge will be automatically displayed on the board, resulting in the outcomes below:

a) Lift Challenge is successful: by unanimous decision, the three (3) Referees judge the lift as “Good Lift”. When a Lift Challenge is successful, the lift decision is overturned to “Good Lift” and the result and ranking is revised. The Lift Challenge card and fee will be returned.

b) Lift Challenge is unsuccessful: if minimum one (1) of the Referees judge the lift as “No Lift”. When a Lift Challenge is unsuccessful, the lift decision remains as “No Lift”, and the Lift Challenge card and fee will be kept and provided to WPPO Management.

The technical announcer will announce the outcome of the Lift Challenge.

The outcome of the Lift Challenge process is final, and there will be no further opportunity to appeal this outcome.

Should there be a failure in the LiftVRS, the Chief Referee or J1 respectively will communicate to the Athletes and Team Officials of the failure, and the Event shall continue with no Lift Challenges until the failure is resolved. If the LiftVRS’ failure is resolved, this will be communicated to the Athletes, and Lift Challenges will be allowed from that moment on.

LiftVRS が故障した場合、主審または J1 は選手・チーム役員に不具合を通知し、試合は、故障が直るまでリフトラレンジなしで継続する。LiftVRS の故障が治れば、選手・役員に通知され、その瞬間からリフトラレンジを申請することが出来る。
25 Errors on the Field of Play

25.1 Errors on the FOP Description

25.2 During the Event, any of the errors below may occur and be raised by the Athlete, the Team Official, the Referees, the Jury, Marshal or the Technical Delegate only in relation to the Athlete’s current attempt, either before or after the lift attempt (within the timeframes set out in this Rule):

試技の前後に、選手、コーチ、審判、陪審員、マーシャル、またはTDにより、以下のエラーの起こる可能性がある。

25.2.1 Incorrectly Loaded Bar: The weight that is loaded onto the bar does not match the weight requested by the Athlete to the Marshall.

重量のつけ違い

25.2.2 Incorrect Rack Height: The rack height is incorrect and does not match the height requested by the Athlete to the Marshall.

ラック高の違い

25.2.3 Technical Announcer Error: The announcement by the TA is incorrect leading to an incorrectly loaded bar and/or rack height or incorrect Athlete announced.

アナウンサーの言い違い

25.2.4 Time Keeping Error: The lift attempt clock is started by the TA too early or too late after the Athlete is announced.

タイムキーパーの時間設定の間違い

25.2.5 Spotting Error: The spotter loader comes into contact with the bar during the lift when not instructed to do so by the Chief Referee.

補助員が試技中にバーに触れ

25.2.6 Technical/Technological/Marshal Error: Incorrectly loaded bar, rack height and/or incorrect Athlete attempt.

技術者、マーシャルによる重量やラック高、その他の間違い

25.2.7 Equipment Error: The bench, bar, discs, collars and/or bench straps break and/or are damaged.

器具等（ベンチ、バー、プレートカラー、ストラップ等）が壊れる

25.3 To raise an error before a lift attempt, the Referees, Athlete and/or that Athlete’s Team Official must alert the Chief Referee before the “start” command is given. The time will be stopped to analyse the raised error and based on the Chief Referee’s determination, the following will occur:

試技のスタート合図前に、審判、選手、コーチが何らかのエラーを見つけたら、主審にその旨を伝え、時計を止める。主審はエラーがあるかどうか確認し、次の判断を行う。

25.3.1.1 If the Chief Referee determines there is no error, the time and attempt shall resume
as normal.

25.3.1.2 If the Chief Referee determines there is an error, the Athlete and the Team Official will immediately leave the bench and the error will be corrected. The Athlete will be provided two (2) minutes to complete their lift attempt but will not leave the FOP.

25.4 To raise an error after a lift attempt (that was not previously observed or raised), the Referees, Athlete or that Athlete’s Team Official must alert the Chief Referee before the Athlete leaves the lifting platform. Based on the Chief Referee’s determination, the following will occur:

25.4.1.1 If the Chief Referee determines there is no error, the lift decision will remain as normal.

25.4.1.2 If the Chief Referee determines there is an error and the lift decision was "No Lift", the Athlete and the Team Official will immediately leave the FOP, and the error will be corrected. The Athlete will repeat their lift attempt immediately after their previous lift attempt, three (3) minutes will be allocated for their lift attempt.

25.4.1.3 If the Chief Referee determines there is an error in loading the bar to a lighter weight than requested and the lift decision was "Good Lift", the requested weight will be recorded.

25.4.1.4 If the Chief Referee determines there is an error in loading the bar to a heavier weight than requested and the lift decision was "Good Lift", the heavier weight will be recorded and the other Athletes’ lift attempts will continue as requested.

26 Records

26.1 Records Description

26.2 During all WPPO Recognised Competitions with the exception of Hybrid Competitions and WPPO Approved Competitions, in the Individual Event, Athletes may attempt to break a record if there is anti-doping testing being conducted at that Competition and the LiftVRS is
used.

26.3 If the record lift attempt is "Good Lift", it will be recognised as a new record.

26.4 As soon as a new record is established, any Athlete wishing to attempt a new record must exceed the previous one set by a minimum of one (1) kg.

26.5 For a record attempt, only one (1) Referee may match the nationality of the Athlete completing the record.

26.6 For a record attempt, only one (1) Jury member may match the nationality of the Athlete completing the record.

26.7 WPPO will recognise and maintain records for all four (4) age groups and two (2) genders for World, Regional and various Competitions (as set out below). It is only possible to break these records at the below-identified Competitions within the three (3) lift attempts:

WPPO の認める「記録」は、下記の通りの大会で、3 試技内で樹立された記録を含む。記録には、世界、地域、その他があり、男女各 4 つのカテゴリーの記録を認める。

<table>
<thead>
<tr>
<th>Competition Type</th>
<th>Record types recognised if lifted within 3 attempts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Paralympic Games</td>
<td>Elite World Record</td>
</tr>
<tr>
<td></td>
<td>Rookie World Record</td>
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<tr>
<td></td>
<td>Next Gen World Record</td>
</tr>
<tr>
<td></td>
<td>Paralympic Records</td>
</tr>
<tr>
<td>Elite World Championships</td>
<td>Elite World Record</td>
</tr>
<tr>
<td></td>
<td>Legend World Record</td>
</tr>
<tr>
<td></td>
<td>All Elite Regional Records</td>
</tr>
<tr>
<td></td>
<td>All Legend Regional Records</td>
</tr>
<tr>
<td>Rookie &amp; Next Gen World Championships</td>
<td>Rookie World Record</td>
</tr>
<tr>
<td></td>
<td>Next Gen World Record</td>
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<tr>
<td></td>
<td>All Rookie Regional Records</td>
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<tr>
<td></td>
<td>All Next Gen Regional Records</td>
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<tr>
<td>Elite Regional Championships</td>
<td>Elite World Record</td>
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<tr>
<td></td>
<td>Legend World Record</td>
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<tr>
<td></td>
<td>All Elite Regional Records</td>
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<tr>
<td></td>
<td>All Legend Regional Records</td>
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<tr>
<td>Rookie &amp; Next Gen Regional Championships</td>
<td>Rookie &amp; Next Gen World Record</td>
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<td>World Cups</td>
<td>Elite, Rookie, Next Gen &amp; Legend World Records</td>
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<tr>
<td></td>
<td>All Elite, Rookie, Next Gen &amp; Legend Regional Records</td>
</tr>
<tr>
<td>Competition Type</td>
<td>Record types recognised if lifted the 3 attempts</td>
</tr>
<tr>
<td>----------------------------------</td>
<td>--------------------------------------------------</td>
</tr>
<tr>
<td>Parapan American Games</td>
<td>Elite World Record</td>
</tr>
<tr>
<td></td>
<td>Elite Americas Regional Record</td>
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<tr>
<td></td>
<td>Parapan American Games Record</td>
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<tr>
<td>Asian Para Games</td>
<td>Elite World Record</td>
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<tr>
<td></td>
<td>Elite Asia Regional Record</td>
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<tr>
<td></td>
<td>Asian Para Games Record</td>
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<tr>
<td>Commonwealth Games</td>
<td>Elite World Record</td>
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<tr>
<td></td>
<td>All Elite Regional Records</td>
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<tr>
<td></td>
<td>Commonwealth Games Record</td>
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<tr>
<td>Sub-regional Para Games</td>
<td>Elite World Record</td>
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<tr>
<td></td>
<td>Respective Elite Regional Records</td>
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<tr>
<td>Youth Para Games</td>
<td>Rookie &amp; Next Gen World Record</td>
</tr>
<tr>
<td></td>
<td>Respective Rookie &amp; Next Gen Regional Records</td>
</tr>
<tr>
<td>Hybrid Competitions</td>
<td>None</td>
</tr>
<tr>
<td>International/Invitational/National</td>
<td>None</td>
</tr>
</tbody>
</table>

27 The Power Lift

27.1 The Power Lift Description

27.2 During IPC Games, WPPO Championships and WPPO Sanctioned Competitions, Athletes in the Individual Event may make an additional fourth (4th) attempt to break a record if there is anti-doping testing being conducted at that Competition and the LiftVRS is used.

27.3 The Power Lift will take place following the third (3rd) Round.

27.4 The Power Lift must be requested by the Athlete and/or the Team Official to the Marshall within one (1) minute of their lift decision displaying on the attempt board. Only if the below conditions are met will the request be approved by the Marshall.

27.4.1 If the Athlete’s third (3rd) attempt is “Good Lift” and the weight lifted falls within ten (10) kg of the current eligible record weight which the Athlete is trying to break.

27.4.2 If the athlete’s third (3rd) attempt was an eligible record attempt and was a “Good Lift”.

27.5 A Power Lift will be not possible to request during or after the Head-to-Head Lift.
27.6    It is only possible to break the following records and count in the final result at the identified Competitions with the Power Lift.

<table>
<thead>
<tr>
<th>Competition Type</th>
<th>Record types permitted to break with the Power Lift</th>
</tr>
</thead>
<tbody>
<tr>
<td>Paralympic Games</td>
<td>Elite World Record</td>
</tr>
<tr>
<td></td>
<td>Paralympic Records</td>
</tr>
<tr>
<td>Elite World Championships</td>
<td>Elite &amp; Legend World Record</td>
</tr>
<tr>
<td>Rookie &amp; Next Gen World Championships</td>
<td>Rookie &amp; Next Gen World Record</td>
</tr>
<tr>
<td>Elite Africa Regional Championships</td>
<td>Elite &amp; Legend World Record</td>
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<td></td>
<td>Elite &amp; Legend Africa Regional Record</td>
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<td></td>
<td>Rookie &amp; Next Gen Africa Regional Record</td>
</tr>
<tr>
<td>Elite Parapan Americas Regional Championships</td>
<td>Elite &amp; Legend World Record</td>
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<tr>
<td></td>
<td>Elite &amp; Legend Parapan Americas Regional Record</td>
</tr>
<tr>
<td>Rookie &amp; Next Gen Parapan Americas Regional Championships</td>
<td>Rookie &amp; Next Gen World Record</td>
</tr>
<tr>
<td></td>
<td>Rookie &amp; Next Gen Parapan Americas Regional Record</td>
</tr>
<tr>
<td>Elite Asia-Oceania Regional Championships</td>
<td>Elite &amp; Legend World Record</td>
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<tr>
<td></td>
<td>Elite &amp; Legend Asia Regional Record</td>
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<tr>
<td></td>
<td>Elite &amp; Legend Oceania Regional Record</td>
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<td>Rookie &amp; Next Gen World Record</td>
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<tr>
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<td>Rookie &amp; Next Gen Asia Regional Record</td>
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<tr>
<td></td>
<td>Rookie &amp; Next Gen Oceania Regional Record</td>
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<td></td>
<td>Rookie &amp; Next Gen World Record</td>
</tr>
<tr>
<td>Competition Type</td>
<td>Record types permitted to break with the Power Lift</td>
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<tr>
<td>----------------------------------</td>
<td>-----------------------------------------------------</td>
</tr>
<tr>
<td>Parapan American Games</td>
<td>Elite World Record</td>
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</tr>
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<td>None</td>
</tr>
</tbody>
</table>

28 Results

結果

28.1 Individual Event

個人戦

28.1.1 **Best lift:** The final result of each Athlete will be calculated by the heaviest “Good Lift” lift attempt weight completed during the Event within the three (3) attempts and also the Power Lift (“best lift”), ranked in descending order (e.g., heaviest “best lift” is the first (1st) ranking).

ベストリフト: 各選手の最終結果は、試合中に3回の試技の中で最も重い「成功」の試技重量と、パワーリフトをした場合はその結果を加えて、最高重量を上げた選手から1位、2位と順位がつく。

28.1.2 **Total lift:** The final result of each Athlete will be calculated by the sum of “Good Lift” lift attempt weights completed during the Event within the three (3) attempts (“total lift”), ranked in descending order (e.g., heaviest “total Lift” is first (1st) ranking). The total lift medal is valid in all Recognised Competitions except at Games.

トータルリフト: 各選手の最終結果は、3回の試技で「成功」試技の重量の合計によって、順位が付けられ、最も重い「試技合計」から1位、2位と順位がつく。トータルリフトは、ゲームを除くすべての公認競技会で実施される。

28.1.3 **Tie Break:** If two (2) or more Athletes in a rank/medal position (one (1) to three (3)) achieve the same result, the Head-to-Head Lift will determine the final result, subject to Rule 28.1.5 below:

タイブレーク: 2人以上の選手が同じメダル位置（1から3）で同じ結果を達成した場合、1対1試合をして最終結果をだす。ルールは下記の通り；
28.1.3.1 If both Athletes receive “No Lift”, the respective rank will be shared;

2 人とも 1 対 1 試合で失敗であった場合、二人とも同順位となる。

28.1.3.2 If both Athletes receive “Good Lift”, the respective rank will be shared.

2 人とも 1 対 1 試合で成功であった場合、二人とも同順位となる

28.1.4 The Head-to-Head Lift will occur following the third (3rd) Round. If an Athlete is required to complete their lift attempt immediately after their previous lift attempt, three (3) minutes will be allocated for their lift attempt. The lift attempt will automatically be the same weight of Athletes’ tied attempt/result.

1 対 1 は、第 3 ラウンドの後に行われる。選手が前回の試技から連続して試技をしなければならない場合は、3 分間の猶予が与えられる。試技重量は、選手の同点と同じ重量になる。

28.1.5 The relevant Athletes together may decide they do not wish to complete the Head-to-Head Lift (with the approval of the TD). If no Head-to-Head Lift is carried out, the respective rank will be shared.

TD の承認を得て、1 対 1 をしないこともできる。1 対 1 の対決試技を行わない場合は、同順位となる。

28.1.6 If two (2) or more Athletes ranked in fourth (4th) or lower (i.e. not between first (1st) and third (3rd)) achieve the same result, the rank will be shared.

2 人以上の選手が 4 位以下で同重量を上げた場合は、順位は順同順位とし、Head to Head は行わない。

28.1.7 Tie Break; If 2 or more Athletes in a rank/medal position (one (1) to three (3)) achieve the same “total lift” result;

タイブレーク: 2 人以上の選手が同じトータルリフトでメダル位置 (1から3) で同じ結果であった場合、1 対 1 試合をして最終結果をだす。ルールは以下の通り；

28.1.7.1 the Athlete with the “total lift” respectively lifted in the earlier round will be ranked higher;

トータルリフトを早いラウンドで出した方が上位に行く。

28.1.7.2 If a tie still exists, the athlete with more “good lift” will be ranked higher;

更に同じであった場合は、成功数の多い方が上位に行く。

28.1.7.3 If a tie still exists, the Athletes will share the rank.

更に同じであった場合は、順位を分け合う。

28.2 Team and Mixed Team Event

チームイベント＆ミックスチームイベント

28.2.1 Best lift: All results of the Team and Mixed Team Events will be calculated using the CF which enables the comparison of the results of Athletes from different Bodyweight Categories. The CF score from each Athlete from each Round will then be summed to give the total CF score, with the highest score receiving the highest rank.

ベストリフト：チームイベント並びにミックスチームイベントはフォーミュラーを使って結果を出す。各ラウンドでフォーミュラーのトータルを出し、数値の多いチームが勝ちとなる。

28.2.2 Tie Break: in each of the phases, if a team achieved the same result, the following will determine the result:

タイブレーク：各フェーズでチームが同じ結果であった場合は次の方法で結果を出す。
28.2.2.1 the team with the higher number of “Good Lifts” will be ranked higher;

チームの中で成功試技の数が多い方が上位となる。

28.2.2.2 if a tie still exists, the team with the Athlete with the highest individual score lifted will be ranked higher;

更に順位が同じであった場合は、チームの選手の出した記録が高い方が上位となる。

28.2.2.3 if a tie still exists, the Athlete with the highest individual score lifted in the earlier Round will be ranked higher (e.g., if two (2) Athletes have a score of 150.55 lifted in Round 1 and 3 respectively, the Team and Athlete who lifted in Round 1 will be ranked higher).

更に順位が同じであった場合は、ラウンドの早い時期に出した方が上位となる。

28.2.3 The final result of each team in each phase will be calculated by the sum of each Athletes’ “Good Lift” using the CF, ranking in descending order (e.g., highest team score is the first (1st) ranking):

更に順位が同じであった場合は、各選手の成功の合計のフォーミュラーが高い方が上位となる。

29 Medal Awards

表彰

29.1 Medal Awards Description

表彰について

29.2 At WPPO Recognised Competitions, medals will be awarded according to the Event viability criteria for individual (best lift and total lift), Team and Mixed Team Events:

WPPO 公認大会では、競技会によって、個人戦、チームイベント、ミックスチームイベントの表彰を行う。

<table>
<thead>
<tr>
<th>Ranking</th>
<th>Medal</th>
</tr>
</thead>
<tbody>
<tr>
<td>First (1st)</td>
<td>Gold</td>
</tr>
<tr>
<td>Second (2nd)</td>
<td>Silver</td>
</tr>
<tr>
<td>Third (3rd)</td>
<td>Bronze</td>
</tr>
</tbody>
</table>

29.3 Individual Events

個人戦

29.3.1 Only two (2) Athletes from the same NPC are eligible to win a medal.

各国2人の選手のみがメダルを獲得できる。

29.3.2 If after the Head-to-Head, the first (1st), second (2nd) or third (3rd) rank is shared.

1対1試技の後に順位が共有される場合がある。

29.4 In Elite Competitions where different age groups are not offered (e.g., at a World Cup), all age groups compete together within the same Bodyweight Category or combined categories. If an Athlete achieves a high enough rank to be awarded a medal in multiple eligible age groups, they will be awarded those medals.

ワールドカップなど年齢別競技会が設定されていない場合は、すべての年齢グループが同じ階級または複数の階級で一緒に競技をする。表彰では、年齢別にメダルを授与される。

WPPO Rules and Regulations March 2022 v1.0
29.5 The victory ceremony must be carried out in accordance with the WPPO Protocol Guide (Appendix 11).
表彰式は、WPPO表彰ガイドに（附則11）にしたがって行う。

30 Rankings List
ランキングリスト

30.1 Rankings Descriptions
ランキングについて

30.2 WPPO will maintain a ranking system based on the results per Bodyweight Category which will determine an Athlete’s or team’s rank within the respective ranking system. The following separate rankings will be maintained:
WPPOで体重別の選手ランキング、チーム別のランキングシステムを設けている。

30.2.1 Individual Event: best lift – World, Regional and Paralympic Rankings
個人戦ベストリフト；世界、地域、パラリンピックランキングを設けている。

30.2.2 Individual Event: total lift – World and Regional Rankings
個人戦トータルイベント；世界、地域ランキングを設けている。

30.2.3 Team Event – World and Regional Rankings
チームイベント；世界、地域ランキングを設けている。

30.2.4 Mixed Team Event – World and Regional Rankings
ミックスチームイベント；世界、地域ランキングを設けている。

30.2.5 Hybrid Competitions - World Rankings
ハイブリッド大会；世界ランキングを設けている。

30.3 For the Individual Event, in the case of a tie:
個人戦で同記録の場合；

30.3.1 the Athlete with the “best lift” or “total lift” respectively lifted first (1st) by calendar date will be ranked higher
ベストリフト、トータルリフトで日付の早い樹立の選手が上位に行く。

30.3.2 if a tie still exists, the Athlete with the “best lift” or “total lift” respectively lifted in the earlier Round will be ranked higher
更に同順位であった場合、ベストリフト又はトータルリフトを樹立したラウンドの早い選手が上位に行く。

30.3.3 If a tie still exists, the Athlete with more “Good Lifts” will be ranked higher
更に同順位であった場合、成功数の多い選手が上位に行く。

30.4 For the Team and Mixed Team Event in the case of a tie:
チームイベント、ミックスチームイベントで同順位の場合；

30.4.1 the ranking will be the highest score achieved during any phase in the case of a tie:
全てのフェーズの記録で得点の高いチームが上位に行く

30.4.1.1 the team who achieved the score first (1st) by calendar date will be ranked higher
チームが最高の得点を記録し日付の早いチームが上位に行く。
日付の早い樹立チームが上位に行く。

30.4.1.2 if a tie still exists, the team who achieved the score in the earlier phase will be ranked higher

更に同順位であった場合は、早いフェーズで得点をマークしていたチームが上位に行く。

30.4.1.3 if a tie still exists, the team with more “Good Lifts” will be ranked higher

更に同順位であった場合は、成功数の多いチームが上位に行く。
Section B2 - Station

31 Station Rules

31.1 Station - Description

31.1.1 The Station discipline is open to female and male Rookie, Next Gen, Elite and Legend, Athletes with one (1) or more of the eight (8) Eligible Impairments who compete in one (1) Sport Class, as defined in the WPPO Classification Rules and Regulations, per gender.

31.2 Objective

31.2.1 Athletes compete in a series of stations that feature different elements of strength.

31.3 Bodyweight Categories

31.3.1 Athletes compete by gender in open Bodyweight Categories.

31.4 Age Groups

31.4.1 Four (4) age groups are recognised in all WPPO Recognised Competitions, following the same Rules as Power (set out in Rule 11 (Power) above).

32 Entries

32.1 Individual Event

32.1.1 At WPPO Recognised Competitions, no maximum entry per gender and age group per NPC exist.

32.1.2 Individual Event Viability

32.1.2.1 At all WPPO Recognised Competitions, an Event will be considered viable when the below minimum Athlete numbers apply per gender and age group:

a) Two (2) Athletes: When there are two (2) Athletes and they achieve a score equal to or more than the respective level MQS for that Bodyweight Category, a Gold and Silver medal will be awarded.

b) Three (3) or more Athletes: When there is three (3) or more Athletes, all medals will be awarded (Gold, Silver and Bronze)

32.1.2.2 The final viable Events for all WPPO Recognised Competitions will be determined in consultation with the LOC, TD and WPPO prior to and/or after the Technical Meeting.

32.2 Team Event

32.2.1 At WPPO Recognised Competitions, one (1) Team Event will be viable per gender in the Elite age group under the following conditions:

32.2.1.1 There must be a minimum of two (2) competing teams, both of which may be from the same NPC.

32.2.1.2 Teams must consist of three (3) Athletes from the same NPC and same gender.
32.2.1.3 Each NPC is permitted to enter a maximum of three (3) teams.
32.2.1.4 Athletes entered in a Team Event may also be entered in an Individual Event or may be additional Athletes.
32.2.1.5 Athletes entered in a Team Event may be from all age groups.

32.3 Mixed Team Event

32.3.1 At WPPO Recognised Competitions only, a maximum of one (1) Mixed Team Event may be viable in the Elite age group under the following conditions:
32.3.1.1 There must be a minimum of two (2) competing teams, both of which may be from the same NPC.
32.3.1.2 Teams must consist of three (3) Athletes from the same NPC, with at least one (1) of each gender.
32.3.1.3 Each NPC is permitted to enter a maximum of three (3) teams.
32.3.1.4 Athletes entered in a Mixed Team Event may also be entered in an individual Event or may be an additional Athlete.
32.3.1.5 Athletes entered in a Mixed Team Event may be from all age groups.

32.4 Team Event and Mixed Team Event Changes

32.4.1 At all WPPO Recognised Competitions, NPCs will have the opportunity to change the Athletes in the Team and Mixed Team Event during the entry verification process.
32.4.2 All three (3) Athletes may be changed once (1) and must be requested during the allocated time of the entry verification process. No fee will be charged for each requested change.

33 Officials' Responsibilities

33.1 Overview

| International Federation Delegate ("IF Delegate") | • Oversee the entire Competition delivery in liaison with the LOC and Technical Delegate.  
| • The International Federation Delegate has the highest authority over the Competition. |
| Event Director ("ED") | • Oversee the entire Event in liaison with the LOC, International Federation Delegate and WPPO Management Staff.  
| • Be appointed and / or act on behalf of WPPO at the Competition. |
| Technical Delegate ("TD") | • Monitor and oversee the Competition with the International Federation Delegate and Event Director to ensure all technical operations are applied in accordance with the Technical Rules and Regulations throughout the entire Competition.  
| • Act as the leader for the appointed Technical Officials for the Competition.  
| • Sign the Final Results for each Event. |
| President of the Jury ("PJ") | - Lead the Event and ensure all actions on the FOP comply with these Rules.
- Examine each Athlete’s personal uniform and equipment to ensure it is compliant with these Rules and Appendix 4 during the warm-up process.
- Ensure the equipment and FOP is clean, organised and safe.
- Brief the side Jury on the Athletes’ Classification notes.
- Lead the Spotter Loaders.
- Say the “start” and “rack/stop” commands.
- Judge the lift according to the lift sequences from the required position and/or during the Lift Challenge.
- Raise any errors and make the final decision on the outcome.
- Manually record the results. |
| Jury ("J1", "J2" and "J3") | - Judge the station according to the lift sequences from the required position and/or during the Lift Challenge.
- Examine each Athlete’s personal uniform and equipment to ensure it is compliant with these Rules and Appendix 4 during the warm-up process, together with the President of the Jury.
- Raise any errors. |
| Technical Controller ("TC") (Chief, Assistants) | Chief
- Lead the assistant technical controllers.
- Ensure the equipment and warm-up area and call area are clean, organised and safe.
- Examine each Athlete’s personal uniform and equipment to ensure it is compliant with these Rules and Appendix 4 during the warm-up process.
- Manage the access of Athletes and Team Officials in the warm-up area and call area.
- Assist in calling the next Athletes to the assistant 2 technical controller for their Station attempt.
- Support the Athlete and Technical Official presentation and victory ceremonies. 
Assistant 1
- Support the chief technical controller.
Assistant 2
- Support the chief technical controller.
- Control the Athlete and Team Official’s access to the FOP for their attempt during the Event.
- Examine each Athlete’s personal uniform and equipment to ensure it is compliant with these Rules and Appendix 4 before they enter the FOP for their attempt. |
| "Spotter Loaders" | - Load and unload the bar with discs according to Appendix 9.
- Keep the equipment and FOP clean, organised and safe.
- Follow the path/movement of the Athletes’ lift and helping only if the Chief Referee or Athlete requests so. |
• Help the Athlete take the bar out of the racks before the lift when asked by the Athlete and back after the “rack” command or when help is requested.
  o The Team Official may perform the activity of helping the Athlete take the bar out of the racks if requested and approved by the TD in the warm-up period.

33.2 The detailed responsibilities and process of each Technical Official role are listed in Appendix 3.

34 Kit Check

34.1 Kit Check Description

34.1.1 The Kit Check process follows the same process set out in Rule 17 (Power), per gender.

35 Athlete Uniform and Personal Equipment

35.1 Uniform and Equipment Description

35.2 At WPPO Recognised Competitions, all Athletes must wear/use items exclusively from WPPO Approved Suppliers, complying with the same Rule 16 (Power) and those in Appendix 4.

35.3 Any uniform items that are not explicitly permitted may not be worn for safety purposes (e.g., earrings, hats, wristwatches, rings, etc.).

35.4 As a minimum, the Athlete must wear a shirt, shorts/pants and sport shoes.

35.5 Shorts/Pants

35.5.1 One (1) set of shorts/pants may be worn. It must comply with the following Rules:

35.5.1.1 Must be form fitting on the Athlete’s body;

35.5.1.2 Must be a one (1) layer/thickness with the exception of the hem (two (2) layers permitted);

35.5.1.3 Must not have any alterations or enhancements from the manufacturer design such as reinforced seams, angling of legs, exterior ribbed material, additional patches, padding, support, pockets, buttons, collars or zippers.

36 Warm-up

36.1 Warm-up Description

36.2 The warm-up process follows the same process set out in Rule 18 (Power), per gender.

37 Event

37.1 Event Process

37.1.1 Athletes will compete in a Qualification Round.

37.1.2 The results obtained in the Qualification Round will determine:

37.1.2.1 The qualification for the Station Final; the six (6) best ranked Athletes per station will qualify; others will receive their ranking from seventh (7th) to the last place;
37.1.2.2 The qualification for the Station All-Around Final; the six (6) best ranked Athletes overall will qualify (addition of the scores obtained per station); others will receive their ranking from seventh (7th) to the last place;

37.1.2.3 The qualification for the Station Team Final; the six (6) best ranked teams overall will qualify (addition of the scores of the country’s highest ranked Athlete per station); others will receive their ranking from seventh (7th) to the last place.

37.1.2.4 The qualification for the Station Mixed Team Final; the six (6) best ranked Mixed Teams overall will qualify (addition of the scores of the country’s highest ranked male and female Athlete per station); others will receive their ranking from seventh (7th) to the last place.

37.1.3 In the Qualification Round and Station All-Around Final, all Athletes are required to compete on all stations.

37.1.4 In the Station Final, Station All-Around Final, Station Team Final and Station Mixed Team Final, the rankings and scores will be reset to zero (0) (a fresh start final).

37.1.5 The Station Programme and Format are determined by the Technical Delegate and WPPO and communicated to Athletes and Team Official at least thirty (30) minutes before the Event.

37.1.6 The Station Programme will not differ during the Event (Qualification Round, Station Final, Station All-Around Final, Station Team Final and Station Mixed Team Final).

37.1.7 The Station Format may differ during the Event (Qualification Round, Station Final, Station All-Around Final and Station Team Final).

37.1.8 There must be a minimum of three (3) hours scheduled between each Round (Qualification, Station Final, Station All-Around Final, Station Team Final and Station Mixed Team Final).

37.1.9 Athletes may compete individually or simultaneously in each Round (qualification, Station final, Station all-around final, Station team final and Station mixed team final; e.g., one (1) Athlete per station or several Athletes per station), based on the availability of the equipment, the venue size as well as other factors. Groups may be formed as necessary based on the factors above (e.g., age groups may compete together).

37.1.10 When there are six (6) or fewer Athletes per category (Individual, All-Around or Team) will be direct final.

37.1.11 In case of temporary suspension of the Event the Athletes will be allocated a minimum of forty (40) minutes warm-up period and the Event and scoreboard will continue as it was before the suspension.

38 Station Programme

38.1 Programme

38.2 The Station Programme are the three (3) stations selected by the ED for the Competition based on the availability of the equipment, the venue size as well as other factors at the discretion of WPPO.
39 Station Format

39.1 Format

39.2 The Station Format is the specific workout requirements are determined by the TD and WPPO for the Competition. It may include:

39.2.1 Required movements
39.2.2 Required number of repetitions and/or repetition scheme
39.2.3 Required equipment
39.2.4 Required amount of weight
39.2.5 Time limit
39.2.6 Scoring details
39.2.7 Adjustments (if required)

39.3 Stations may have time penalties. Failure to complete a station format within the designated time may result in a specified penalty.

39.4 Stations may have a minimum requirement in terms of the amount of time, repetitions, weight or Rounds to be completed in order to advance. Any such minimums will be announced as part of the station format. Failure to complete a station format within the designated time may result in a specified penalty.

40 Stations

40.1 Seasons

40.2 The following stations are possible based on the Competition season:

<table>
<thead>
<tr>
<th>Season</th>
<th>Station (Scoring)</th>
</tr>
</thead>
</table>
| Summer | - Medicine ball slam (repetition)  
|        | - Medicine ball throw (time)  
|        | - Shoulder press (bar, dumbbell or kettlebell) (reps or weight)  
|        | - Pulldown (horizontal and vertical)  
|        | - Endurance (bench press)  
|        | - Row (horizontal and vertical) (distance, time, calories)  
|        | - Sky (vertical) (distance, time, calories, with machine)  
|        | - Rope climb (time, reps)  
|        | - Pull ups (time, reps)  
|        | - Battle ropes (time, reps)  
|        | - Hammer/rock push  
|        | - Dip with rings or dips with parallel bars  
|        | - Shoulder to front (the movement begins with a kettlebell in the middle of the legs arms outstretched, the Athlete carries the weight at shoulder height, but always with arms outstretched)  
<p>|        | - Power Snatch: the Athlete may alternate one hand first and then the other with dumbbells, kettlebell or two-handed with the bar. |</p>
<table>
<thead>
<tr>
<th>Winter</th>
</tr>
</thead>
<tbody>
<tr>
<td>Snowball push</td>
</tr>
<tr>
<td>Sled push</td>
</tr>
<tr>
<td>Snowball target (curling)</td>
</tr>
<tr>
<td>Winter shot put</td>
</tr>
<tr>
<td>Press ice blocks/discs</td>
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<tr>
<td>Chin-up</td>
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<tr>
<td>Yeti chase</td>
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<tr>
<td>Sledge race</td>
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<tr>
<td>Slide jump</td>
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<tr>
<td>Darts</td>
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<tr>
<td>Axe/hammer chop</td>
</tr>
<tr>
<td>Snowball</td>
</tr>
<tr>
<td>Bowling</td>
</tr>
</tbody>
</table>

41 Judgement

41.1 Judgment Description

41.2 One (1) Jury member will judge each Athlete’s station performance, including ensuring the required movement and format is followed, as well as scoring the Athlete (e.g., time, repetitions, etc.).

41.3 Exceptions will be taken into consideration in judgement only if they are noted in the Athlete’s Classification documents (e.g., uncommon elbow or knee angle and/or range of motion exceptions).

42 Results, Medal Awards and Rankings

42.1 Results, Medal Awards and Rankings

42.2 Based on the station format, Athletes will receive a rank and the corresponding points:

<table>
<thead>
<tr>
<th>Qualification Round</th>
<th>Finals</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Rank</strong></td>
<td><strong>Points</strong></td>
</tr>
<tr>
<td>1</td>
<td>100</td>
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<tr>
<td>2</td>
<td>90</td>
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<td>80</td>
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<td>24 and onwards</td>
<td>3</td>
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</tbody>
</table>

42.3 Medals will be awarded to the Athletes, Teams and Mixed Teams ranked first (1st) to third (3rd) in the Station Final, Station All-Around Final, Station Team Final and Station Mixed Team Final in accordance with the viability criteria.

42.4 In the case of a tie:

42.4.1 Station Final: The Athletes will share the respective rank.

42.4.2 Station All-Around, Station Team Final and Station Mixed Team Final: The Athlete(s) with the highest ranking in any single Event will be ranked higher. If a tie remains, the process continues so forth (e.g., if two (2) Athletes or Teams have a points score of two hundred eighty eight (288), the Athlete or Team who has the highest ranking (e.g., first (1st) versus fourth (4th)) will be ranked higher; if a tie still remains, the next highest ranking will be considered (second (2nd) versus fifth (5th)).

42.5 WPPO will maintain a ranking system based on the results per gender which will determine an Athlete's or team's rank within the respective ranking system. The following separate rankings will be maintained:

42.5.1 Individual Event – World and Regional Rankings

42.5.2 Team Event – World and Regional Rankings

42.5.3 Mixed Team Event – World and Regional Rankings