10 STEPS TO CLASSIFICATION

THE FOLLOWING STEPS OUTLINE THE PROCESS OF CLASSIFICATION IF YOU DESIRE TO COMPETE IN WORLD PARA POWERLIFTING (WPPO)

1. Make yourself familiar with WPPO Classification, including its Rules and Regulations, Eligible Impairments, and Minimum Impairment Criteria.
   Link: [https://www.paralympic.org/powerlifting/classification](https://www.paralympic.org/powerlifting/classification)

2. Reach out to your National Paralympic Committee (NPC) or National Federation (NF) and request an international license.
   Link: [https://www.paralympic.org/teams-npc](https://www.paralympic.org/teams-npc)

3. Prepare all medical documentation and have a medical doctor fill in the Medical Diagnostic Form (MDF).
   Link: [WPPO Medical Diagnostic Form and instructions](https://www.paralympic.org/powerlifting/classification)
   When? 3-6 months before Classification.

4. Your NPC/NF must upload your MDF and all supporting medical documentation to the WPPO through the online entry system (SDMS) and request an international license.
   When? Up to 3 months before Classification.

5. Per communication with the WPPO, your NPC/NF registers you for Classification and Competition through the online entry system (SDMS).
   When? 3 months before Classification and the Competition.

6. Follow the link below for the published Competition schedule and check with your NPC/NF for your Classification evaluation day and time. Ensure that you are on time for your Classification slot.
   Link: [https://www.paralympic.org/powerlifting/events](https://www.paralympic.org/powerlifting/events)

7. Present to your Classification evaluation with:
   - Valid ID
   - Competition uniform
   - One accredited accompanying person (e.g., coach)
   - An interpreter, if necessary
   When? 15 minutes before your appointment.

8. Two Classifiers will conduct the evaluation, first by asking some questions about your impairment and training history, then by conducting a physical assessment (including a lift observation for Codes of Exception). You will be required to give your best effort during this process.
   How long will it take? Approximately 30 minutes.

9. The Classification panel will allocate a Sport Class and Sport Class Status. This will be communicated to you verbally at the end of your evaluation. You will then be asked to sign that you have received and understand the decision.
   - If you receive a Sport Class Status of Confirmed (C), you do not need to be evaluated again.
   - If your receive a Sport Class Status of Review (R), you will need to be evaluated at the next available opportunity (e.g., next International Competition).
   - If you receive a Sport Class Status of Fixed Review Date (FRD), you will need be evaluated at the next available opportunity after the indicated date.