



# World Para Powerlifting **Rules and Regulations 2025**





GLOBAL PARTNER

**ELEIKO**





# **World Para Powerlifting Rules and Regulations 2025**

Version 1

# Table of Contents

|  |           |
|--|-----------|
| <b>Introduction .....</b>                            | <b>5</b>  |
| <b>Definitions.....</b>                              | <b>6</b>  |
| <b>Section A: WPPO Regulations.....</b>              | <b>10</b> |
| 1 General Provisions .....                           | 10        |
| 2 WPPO Recognised Competitions .....                 | 11        |
| 3 Eligibility and Classification .....               | 14        |
| 4 Anti-Doping .....                                  | 16        |
| 5 Medical .....                                      | 16        |
| 6 Technology and Equipment.....                      | 18        |
| 7 Disciplinary Rules.....                            | 19        |
| 8 Protests and Appeals .....                         | 19        |
| 9 Technical Officials, Venues and Solidarity .....   | 20        |
| <b>Section B: WPPO Rules .....</b>                   | <b>22</b> |
| <b>Section B1 – Power .....</b>                      | <b>22</b> |
| 10 Power Rules .....                                 | 22        |
| 11 Age Groups.....                                   | 25        |
| 12 Entries .....                                     | 25        |
| 13 Lot Number .....                                  | 28        |
| 14 Categories and Groups .....                       | 29        |
| 15 Weigh-in .....                                    | 30        |
| 16 Athlete Uniform and Personal Equipment .....      | 32        |
| 17 Kit Check .....                                   | 35        |
| 18 Warm-Up.....                                      | 36        |
| 19 Athlete and Technical Official Presentation ..... | 37        |
| 20 Individual Event .....                            | 37        |
| 21 Team and Mixed Team .....                         | 39        |
| 22 Chief Referee Commands .....                      | 40        |
| 23 Lift Execution .....                              | 41        |
| 24 Lift Challenge .....                              | 43        |
| 25 Errors on the Field of Play .....                 | 45        |
| 26 Records.....                                      | 46        |
| 27 The Power Lift .....                              | 48        |
| 28 Results .....                                     | 49        |
| 29 Medal Awards.....                                 | 50        |

|           |  |           |
|-----------|--|-----------|
| <b>30</b> | <b>Rankings List .....</b>                   | <b>51</b> |
|           | <b>Section B2 - Station .....</b>            | <b>52</b> |
| 31        | Station Rules .....                          | 52        |
| 32        | Entries .....                                | 52        |
| 33        | Officials' Responsibilities .....            | 53        |
| 34        | Kit Check .....                              | 55        |
| 35        | Athlete Uniform and Personal Equipment ..... | 55        |
| 36        | Warm-up .....                                | 56        |
| 37        | Event .....                                  | 56        |
| 38        | Station Programme .....                      | 57        |
| 39        | Station Format .....                         | 57        |
| 40        | Stations .....                               | 58        |
| 41        | Judgement.....                               | 58        |
| 42        | Results, Medal Awards and Rankings .....     | 59        |

## List of Appendices

1. WPPO Hosting Competition Requirements
2. Technical Requirements
3. 2025-2028 Qualification Pathway
4. Identification on Uniform Guidelines
5. Equipment Regulations and Requirements
6. Scoring System Regulations and Requirements
7. Announcer Script
8. Loading Chart
9. Minimum Standard Table
10. WPPO Protocol Guidelines
11. WPPO Hybrid Competitions Requirements

# Introduction

## Preamble

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.

Section A of this document consists of the WPPO Regulations. Section B consists of the WPPO Rules.

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.

## Governance

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 the 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.

## World Para Powerlifting Classification Rules and Regulations

The WPPO Classification Rules and Regulations are an integral part of these Rules and Regulations and are available at [www.paralympic.org/powerlifting/classification](http://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.

## Definitions

**Athlete:** 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).

**Bar Stop System (BSS):** A technology that produces an audible signal upon detecting the bar stopping on the Athlete's chest.

**Bodyweight Category(ies):** the separate weight classes within each Event.

**CF:** Coefficient Formula.

**Classification:** grouping Athletes into Sport Classes (as defined in the IPC 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".

**Classifier:** A person authorised as an official by World Para Powerlifting to evaluate Athletes as a member of a Classification Panel.

**Codes of Exception (CoE):** Technical exceptions granted to an Athlete in accordance with these Rules and Regulations, due to the nature of their impairment(s) and/or health condition(s).

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

**Competition Director:** a person certified and appointed by WPPO who is the main point of contact and lead for a WPPO Recognised Competition in liaison with the LOC, the Event Director and the Technical Delegate and provides best practices in key areas of competition management and venue operational standards.

**Competition Medical Director:** a person appointed by the LOC who is responsible for implementing the WPPO 'Scope of Event Medical Services'.

**Elite:** 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.

**eMarshall:** Electronic Marshall.

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

**Event Director:** a person certified and appointed by WPPO who lead a WPPO Recognised Competition in liaison with the Competition Director and the Technical Delegate and provide best practices in key technical areas of competition and operational standards.

**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.

**Games:** Paralympic 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.

**International Federation (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.



**International Federation Delegate (IFD):** a person certified and appointed by WPPO who is in charge of the planning and delivery of WPPO Recognised Competitions and has the highest authority over the Competition.

**IOC:** the International Olympic Committee.

**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.

**IPC:** the International Paralympic Committee.

**IPC Handbook:** the IPC Handbook located on the IPC's website at [www.paralympic.org/ipc-handbook](http://www.paralympic.org/ipc-handbook).

**International Technical Official (ITO):** the WPPO certified Referee appointed by WPPO to operate Recognised Competitions in accordance with these Rules.

**Kit Check:** the process where the Athlete's personal uniform and equipment are verified ahead of their Event.

**Legends:** 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 (LC):** the process in which an Athlete can protest their own "No Lift" decision.

**LiftVRS:** Lift Video Referee System.

**LiftED:** Lift Educational Video Database.

**LOC:** Local Organising Committee; it is an organisation appointed to organise a WPPO Recognised Competition.

**LOC Chief Medical Doctor:** the medical doctor appointed by the LOC for a specific Competition.

**Lot Number:** an identification number allocated to each Athlete according to the World Ranking List per Bodyweight Category.

**Marshall:** the Technical Official responsible for managing lift attempt changes and approving Power Lift requests by Athletes and/or their Team Official.

**Medical Delegate:** the medical doctor appointed by WPPO for a specific Competition.

**MS:** Minimum Standard.

**National Federation:** the national member of an International Federation.

**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.

**NPC:** National Paralympic Committee; a national organisation recognised by the IPC as the sole representative of the Paralympic Movement in the NPC's Country or Territory.

**OCOG:** Organising Committee of a Games.

**OVR:** On Venue Results.

**Para sport:** sport governed by the IPC Classification Code and recognised as a Para sport by the IPC.

**Paralympic Games:** the major international event owned and sanctioned by the IPC comprising summer editions usually held in alternating biennial cycles where Para athletes compete in Para sports that are on the Paralympic Games Sport Programme.

**Paralympic Games Sport Programme:** Para sports on the programme for the Paralympic Games.

**PARIS:** Para Sports Results and Information Services.

**PowerCOMS:** Para Powerlifting Competition and Operations Management System.

**PRIS:** Paralympic Results and Information Services.

**Referee:** the WPPO certified Technical Official (TO) appointed to adjudicate the lift at relevant WPPO Recognised Competitions.

**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.

**Teams 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.

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

**Technical Delegate (TD):** a person certified and appointed by WPPO to a WPPO Recognised Competition to lead the Technical Officials, provide technical advice, and monitor that the technical operations are conducted in accordance with these Rules and Regulations.

**Technical Official (TO):** the WPPO certified persons appointed by WPPO to operate WPPO Recognised Competitions in accordance with these Rules.

**T&S:** Timing and Scoring System.

**VRS Technical Official (VRS TO):** the WPPO certified ITO appointed by WPPO to adjudicate the lift in case of a Lift Challenge at relevant WPPO Recognised Competitions.

**WADC:** the World Anti-Doping Code.

**Weigh-in:** 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.

**WPPO:** World Para Powerlifting.

**WPPO Approved Competitions:** national endorsed competitions for the sport of Para powerlifting that have been approved by WPPO.

**WPPO Athlete License:** a license issued by WPPO in accordance with the WPPO Athlete Licensing Registrations to enable Athletes to compete in WPPO Recognised Competitions.

**WPPO Championships:** WPPO World Championships and WPPO Regional Championships.

**WPPO Recognised Competition:** Paralympic Games, WPPO Championships, WPPO Sanctioned Competitions and WPPO Approved Competitions.

**WPPO Sanctioned Competitions:** WPPO World Cups and any other WPPO international Competitions determined by WPPO.

# Section A: WPPO Regulations

## 1 General Provisions

### 1.1 Scope and application

- 1.1.1 These WPPO Rules and Regulations comprise the WPPO Regulations, the WPPO Rules, together with the Appendices listed above, which form an integral part of these Rules and Regulations (together referred to as these “Rules and Regulations” or these “Rules”).
- 1.1.2 These Rules and Regulations are mandatory for all WPPO Recognised Competitions.
- 1.1.3 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.
- 1.1.4 The WPPO Classification Rules and Regulations are an integral part of these Rules and Regulations and are located on the WPPO website.
- 1.1.5 The IPC Handbook is an integral part of the governance of the sport of Para powerlifting.
- 1.1.6 Any matter not addressed in these Rules and Regulations shall be determined by WPPO, in its sole discretion.
- 1.1.7 This version of these Rules and Regulations will be effective from **01 May 2025** and shall prevail over all previous versions of these Rules and Regulations.

### 1.2 Interpretation

- 1.2.1 References to a “Regulation” mean a Regulation referred to in Section A of these Rules and Regulations, references to a “Rule” mean a Rule referred to in Section B of these Rules and Regulations, and references to an “Appendix” mean an Appendix to these Rules and Regulations. Any capitalised terms not otherwise defined in these Rules and Regulations shall have the meaning given to them in the Definitions section of these Rules and Regulations or as otherwise defined in the WPPO Classification Rules and Regulations.
- 1.2.2 Any comments annotating various provisions of these Rules shall be used to interpret these Rules and Regulations.
- 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.
- 1.2.4 All references to the words “they” or “them” in these Rules and Regulations also mean the words “he”, “his”, “him”, “she”, “hers” or “her”.
- 1.2.5 The English language version of these Rules shall be the sole authoritative version for the purpose of interpretation of these Rules.

### 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” and the term “World Para Powerlifting” must be read in these Rules and Regulations as the IPC and vice versa.

## 1.4 Printing of the Rules and Regulations

- 1.4.1 These Rules and Regulations 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.

## 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.

# 2 WPPO Recognised Competitions

## 2.1 Competition tiers

- 2.1.1 WPPO categorises Competitions based on their scale, size, and nature to determine the applicable requirements at each Competition.
- 2.1.2 WPPO Recognised Competition tiers are as follows:

| Tier | Name                         | Type                         | Competitions  |
|------|------------------------------|------------------------------|---|
| 1    | Paralympic Games             | High Performance             | <ul style="list-style-type: none"><li>Paralympic Games</li></ul>  |
|      | WPPO Championships           | High Performance             | <ul style="list-style-type: none"><li>WPPO World Championships (Rookie, Next Gen, Elite and Legends)</li></ul>  |
|      |                              | Development/High Performance | <ul style="list-style-type: none"><li>WPPO Regional Championships (Rookie, Next Gen, Elite and Legends)</li></ul>   |
| 2    | WPPO Sanctioned Competitions | Development/High Performance | <ul style="list-style-type: none"><li>WPPO World Cups</li><li>Asian Para Games</li><li>Parapan American Games</li></ul>   |
|      |                              | Development                  | <ul style="list-style-type: none"><li>Commonwealth Games</li><li>Islamic Solidarity Games</li><li>World Abilitysport Games</li><li>Sub Regional Para Games</li><li>Youth Para Games</li></ul> |
| 3    | WPPO Approved Competitions   | Fundamental                  | <ul style="list-style-type: none"><li>Other international Competitions</li><li>National Competitions</li><li>Invitational Competitions</li><li>Hybrid Competitions</li></ul>                  |



## 2.2 Competition cycle

- 2.2.1 Unless otherwise determined by WPPO, the Competition cycle will comprise as follows:

| Cycle  | Competition  |
|--------|--|
| Year 1 | <ul style="list-style-type: none"><li>▪ WPPO World Championships</li><li>▪ WPPO World Cups</li><li>▪ Asian Youth Para Games</li><li>▪ Youth ParaPan American Games</li><li>▪ Islamic Solidarity Games</li><li>▪ WPPO Hybrid Competitions</li><li>▪ National Competitions</li></ul> |
| Year 2 | <ul style="list-style-type: none"><li>▪ WPPO World Championships</li><li>▪ WPPO Regional Championships</li><li>▪ WPPO World Cups</li><li>▪ Asian Para Games</li><li>▪ Commonwealth Games</li><li>▪ WPPO Hybrid Competitions</li><li>▪ National Competitions</li></ul>              |
| Year 3 | <ul style="list-style-type: none"><li>▪ WPPO World Championships</li><li>▪ WPPO World Cups</li><li>▪ ParaPan American Games</li><li>▪ WPPO Hybrid Competitions</li><li>▪ National Competitions</li></ul>   |
| Year 4 | <ul style="list-style-type: none"><li>▪ Paralympic Games</li><li>▪ WPPO Regional Championships</li><li>▪ WPPO World Cups</li><li>▪ WPPO Hybrid Competitions</li><li>▪ National Competitions</li></ul>  |

## 2.3 Competition requirements

- 2.3.1 The organisational requirements and LOC fees for each tier of WPPO Recognised Competitions (excluding Paralympic Games) are outlined in the WPPO Hosting Competition Requirements **Appendix 1**.

## 2.4 Competition management

- 2.4.1 The IPC shall manage the Paralympic Games, at its own discretion.
- 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 such Competitions and provide directions consistent with the rules adopted for conducting the Competition. WPPO shall also have the right to oversee all WPPO Approved Competitions.

- 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.
- 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.
- 2.4.5 All WPPO Recognised Competitions must be hosted according to the Technical Requirements and processes set out in these Rules and Regulations, as outlined in **Appendix 2**, as updated by WPPO from time to time.
- 2.4.6 The Events and Competition format for all WPPO Recognised Competitions are outlined in these Rules and Regulations.

## **2.5 Competition entries**

- 2.5.1 All entries to participate in WPPO Championships and WPPO Sanctioned Competitions must be in accordance with these Rules and Regulations.
- 2.5.2 The entry criteria for the Paralympic Games shall be defined in the qualification regulations outlined on the IPC website. The 2025-2028 WPPO qualification pathway found in **Appendix 3** outlines the mandatory WPPO Recognised Competitions that Athletes must attend in order to be considered eligible to qualify for the Paralympic Games.
- 2.5.3 The entry criteria for WPPO Championships and WPPO Sanctioned Competitions shall be set out in the information package and/or qualification regulations for each such Competition.
- 2.5.4 All Athletes must be entered by their respective NPCs 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.
- 2.5.5 All entries from NPCs must be received by the deadlines as set out in the Competition information package and/or qualification regulations.
- 2.5.6 The cancellation deadlines and policies for each Competition will be published in the Competition information package and/or qualification regulations and must be adhered to.

## **2.6 Advertising and displays during Competitions**

- 2.6.1 The IPC determines the advertising requirements at the Paralympic Games.
- 2.6.2 The WPPO Identification on Uniform Guidelines in **Appendix 4** outline the sponsors and location permitted at WPPO Recognised Competitions (except the Paralympic Games).

## **2.7 Anti-gambling requirements**

- 2.7.1 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.

### 3 Eligibility and Classification

#### 3.1 Eligibility requirements – Paralympic Games

- 3.1.1 The IPC determines the eligibility requirements for the Paralympic Games outlined in the Paralympic Games qualification regulations.

#### 3.2 Eligibility requirements – WPPO Championships and Sanctioned Competitions

- 3.2.1 To meet the eligibility requirements to participate in WPPO Championships and Sanctioned Competitions an Athlete must:
  - 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;
  - 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;
  - 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;
  - 3.2.1.4 satisfy the nationality requirements of the IPC Athlete Nationality Regulations (located on the IPC website [www.paralympic.org/ipc-handbook](http://www.paralympic.org/ipc-handbook));
  - 3.2.1.5 be the minimum age to participate in the relevant Competition, as defined in the Competition information package and/or qualification regulations; and
  - 3.2.1.6 not be disqualified, suspended or otherwise sanctioned.

#### 3.3 Eligibility requirements – WPPO Approved Competition

- 3.3.1 To meet the eligibility requirements to participate in WPPO Approved Competitions an Athlete must:
  - 3.3.1.1 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;
  - 3.3.1.2 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;
  - 3.3.1.3 satisfy the nationality requirements of the IPC Athlete Nationality Regulations (located on the IPC website [www.paralympic.org/ipc-handbook](http://www.paralympic.org/ipc-handbook));
  - 3.3.1.4 be the minimum age to participate in the relevant Competition, as defined in the Competition information package and/or qualification regulations; and
  - 3.3.1.5 not be disqualified, suspended or otherwise sanctioned.

#### 3.4 Qualification requirements

- 3.4.1 In addition to the eligibility requirements outlined above; in order to participate in WPPO Recognised Competitions an Athlete must also meet the qualification regulations and any sport entry rules applicable to the relevant Competition.

### **3.5 Gender**

- 3.5.1 Subject to Regulation 3.5.3, below, an Athlete shall be eligible to participate in men's Events if he is:
  - 3.5.1.1 recognised as male in law; and
  - 3.5.1.2 eligible to participate under these Rules.
- 3.5.2 Subject to Regulation 3.5.3, below, an Athlete shall be eligible to participate in women's Events if she is:
  - 3.5.2.1 recognised as female in law; and
  - 3.5.2.2 eligible to participate under these Rules.
- 3.5.3 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.
- 3.5.4 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.

### **3.6 International Classification**

- 3.6.1 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.
- 3.6.2 An Athlete who has not been assessed by a WPPO Classification Panel will not meet the eligibility criteria (in accordance with Regulation 3) to compete in the Paralympic Games, WPPO Championships and WPPO Sanctioned Competitions.

### **3.7 Recognition of results**

- 3.7.1 WPPO accepts results achieved at Paralympic Games, WPPO Championships, and WPPO Sanctioned Competitions by eligible Athletes (in accordance with Regulation 3.1 and 3.2 above) as set out in these Rules and Regulations, solely for the following purposes:
  - 3.7.1.1 WPPO world and regional rankings;
  - 3.7.1.2 Games rankings and;
  - 3.7.1.3 WPPO records.
- 3.7.2 WPPO accepts results achieved at WPPO Approved Competitions by eligible Athletes (in accordance with Regulation 3.3 above) as set out in these Rules and Regulations, and who have been internationally classified and have been allocated a Sport Class (other than Not Eligible (NE)) in accordance with the WPPO Classification Rules and Regulations solely for the following purposes:
  - 3.7.2.1 WPPO world and regional rankings.

## 4 Anti-Doping

### 4.1 Anti-Doping Requirements

- 4.1.1 The IPC Anti-Doping Code located on the IPC website at [www.paralympic.org/antidoping](http://www.paralympic.org/antidoping) applies to all Paralympic Games, WPPO Championships and WPPO Sanctioned Competitions.
- 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. In-competition testing is mandatory at such Competitions.
- 4.1.3 In order for an Elite world record performance to be recognised by WPPO, mandatory testing must have been conducted at that Competition.

## 5 Medical

### 5.1 Medical requirements

- 5.1.1 The IPC Medical Code located on the IPC website at [www.paralympic.org/medical](http://www.paralympic.org/medical) applies to all Paralympic Games, WPPO Championships and WPPO Sanctioned Competitions.
- 5.1.2 The medical and safety rules of the respective organising committee and/or relevant governing body apply to all WPPO Approved Competitions.

### 5.2 Medical responsibilities

- 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.
- 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 they may suffer in relation to, or as a result of, their participation in the Event and/or Classification at the relevant Competition.
- 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.
- 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.
- 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.



### **5.3 Medical withdrawal request**

- 5.3.1 At all Paralympic 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.
- 5.3.2 All sections of the Medical Withdrawal Request Form must be completed.
- 5.3.3 All Medical Withdrawal Request Forms must be submitted as soon as the NPC becomes aware that the athlete is unable to compete:
  - 5.3.3.1 Before the teams' official arrival of the relevant Event at the Competition, the Medical Withdrawal Request Form must be signed by the Athlete and a doctor or physician. It will not be valid if it is signed by an NPC/team doctor or physician. The WPPO medical advisory group shall determine whether a Medical Withdrawal Request is approved. This decision is final with no opportunity to protest or appeal.
  - 5.3.3.2 After the teams' official arrival of the relevant Event of the Competition, the Medical Withdrawal Request Form must be signed by the Athlete and the NPC/team doctor or physician and validated and signed by the LOC Chief Medical Doctor. In the event there is no NPC/team doctor or physician, the LOC Chief Medical Doctor may sign the form. The Medical Delegate on site, or the WPPO medical advisory group shall determine whether a Medical Withdrawal Request is approved. This decision is final with no opportunity to protest or appeal.

### **5.4 Medical insurance**

- 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.
- 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.

### **5.5 Medical and safety services at Paralympic Games, WPPO Championships, WPPO Approved and Sanctioned Competitions**

- 5.5.1 The IPC shall be responsible for implementing the medical and safety services for Paralympic Games in accordance with the relevant host agreement.
- 5.5.2 The LOC shall be responsible for implementing the medical and safety services at WPPO Recognised Competitions.
- 5.5.3 A Competition Medical Director shall be appointed by the LOC (with the approval of WPPO) for all WPPO Recognised Competitions to prepare and co-ordinate the medical services and safety requirements during the relevant Competition.
- 5.5.4 At all WPPO Recognised Competitions the LOC shall be responsible for ensuring a medical representative monitors implementation of these and any other Competition-specific medical and safety rules.

## **5.6 Harassment**

- 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.

## **5.7 Autonomic dysreflexia**

- 5.7.1 The IPC Policy on Autonomic Dysreflexia (located on the IPC website) applies to all WPPO Recognised Competitions.

## **5.8 Hypoxic or hyperoxic chambers or tents**

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

## **5.9 Smoking ban**

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

# **6 Technology and Equipment**

## **6.1 Fundamental Principles**

- 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.

## **6.2 Monitoring of the use of technology and equipment**

- 6.2.1 The WPPO Technical Delegate or IF Delegate, will monitor the use of technology and equipment at WPPO Recognised Competitions to ensure that it conforms to the principles outlined in the IPC Sport Equipment Policy. This may include, but will not be limited to, the assessment of:
  - 6.2.1.1 whether or not equipment and/or prosthetic components are commercially available to all Athletes (prototypes that are purpose built by manufactures 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.

## **6.3 Prohibited Technology**

- 6.3.1 Use of the following technology is prohibited at WPPO Recognised Competitions:
  - 6.3.1.1 equipment that breaches the fundamental principles outlined in the IPC Policy on Sport Equipment (located on the IPC website);
  - 6.3.1.2 equipment that results in athletic performance being generated by machines, engines, electronics, motors, robotic mechanisms, or the like; and
  - 6.3.1.3 osteo-integrated prosthesis during the Weigh-in and on during the lift attempt.

- 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.
- 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.

## **7 Disciplinary Rules**

### **7.1 General Disciplinary Provisions**

- 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:
- 7.1.2.1 contravene the spirit of fair-play or obstruct any WPPO certified Technical Officials in their official duties;
  - 7.1.2.2 behave in a manner which may actually or potentially bring into disrepute WPPO, the IPC, any International Federation and/or the LOC; or
  - 7.1.2.3 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's 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.

### **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 Technical Officials, Venues and Solidarity

### 9.1 Technical Officials and Classifier

- 9.1.1 All WPPO Recognised Competitions must have certified 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 WPPO Technical Official or Classifier, the respective requirements must be met, as determined in their respective certification pathway as updated by WPPO from time to time.
- 9.1.3 The number of Technical Officials appointed to each Recognised Competition must be in accordance with the table of requirements and Competition designation as outlined in **Appendix 1**.
- 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 VRS TO 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 the technical official handbook as updated by WPPO from time to time.

### 9.2 Team Official

- 9.2.1 A Team Official must possess the necessary training qualifications as well as insurance to fulfil their role, considering the importance of the Athletes' welfare, health and safety, as determined by the relevant NPC.
- 9.2.2 The Team Official must wear a uniform compliant with the terms of **Appendix 4**.

### 9.3 Teams Meeting

- 9.3.1 A Teams Meeting, delivered in-person or virtually, must take place for all WPPO Recognised Competitions, a minimum of one (1) day prior to the start of the Competition.
- 9.3.2 Up to two (2) Team Officials from each participating NPC may attend the in- person Teams Meeting.
- 9.3.3 The Teams Meeting will be delivered in English and the following matters may be addressed:
  - 9.3.3.1 Roll call;
  - 9.3.3.2 Outcome of the entry verifications;
  - 9.3.3.3 Confirmation of bodyweight change requests;
  - 9.3.3.4 Competition schedule overview;
  - 9.3.3.5 Anti-doping information;

- 9.3.3.6 Protocol information (e.g., ceremonies);
- 9.3.3.7 Logistical information (e.g., transportation, meals, departures, etc.);
- 9.3.3.8 The Warm-up pass will be distributed during the Weigh-in Process;
- 9.3.3.9 Sale and distribution of Lift Challenge cards for Power; and
- 9.3.3.10 Any other matters of business and/or questions.

## **9.4 Venue Requirements**

- 9.4.1 All WPPO Recognised Competitions must be hosted in venues meeting the requirements outlined in **Appendix 2**.

## **9.5 Equipment Requirements**

- 9.5.1 The Paralympic Games and all WPPO Championships and Sanctioned Competitions must be hosted using only equipment from approved WPPO suppliers. The detailed requirements for all Para powerlifting equipment per discipline and per tier of Recognised Competition as well as the list of WPPO approved suppliers is outlined in **Appendix 5**.

## **9.6 Scoring System Requirements**

- 9.6.1 All WPPO Recognised Competitions must be hosted using an approved scoring system, as outlined in **Appendix 6**.
- 9.6.2 The WPPO scoring system is composed of the following:
  - 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;
    - b) Scoreboard
  - 9.6.2.2 Timing and Scoring System (T&S)
    - a) Attempt board
  - 9.6.2.3 Para Powerlifting Competition and Operations Management System (PowerCOMS)
    - a) Referee device
    - b) VRS TO device
    - c) Electronic Marshall (eMarshall)
    - d) Lift Challenge device
    - e) Lift Educational Video Database (LiftED)
  - 9.6.2.4 Lift Video Replay System (LiftVRS)
    - a) Video replay console
    - b) Video replay tablets

## **9.7 Solidarity**

- 9.7.1 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.



## Section B: WPPO Rules

### Section B<sub>1</sub> – Power

#### 10 Power Rules

##### 10.1 Power – Description

- 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.
- 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, competing in one (1) Sport Class, as defined in the WPPO Classification Rules and Regulations, and in ten (10) different Bodyweight Categories per gender.

##### 10.2 Objective

- 10.2.1 Competitors must lower the bar to their chest, stop on the chest and then press it upwards to arms-length with locked elbows. Athletes are given three (3) attempts, and the winner is the Athlete who lifts the heaviest attempt (best).

##### 10.3 Bodyweight Categories

- 10.3.1 WPPO Competitions may comprise the following Bodyweight Categories:

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

#### 10.4 Overview of Technical Officials' Responsibilities in Competition

| Position  | Description of Responsibilities   |
|---|---|
| International Federation Delegate (IFD)   | <ul style="list-style-type: none"> <li>Is in charge of the planning and delivery of the entire Competition.</li> <li>Has the highest authority over the Competition.</li> <li>Be appointed and / or act on behalf of WPPO at the Competition.</li> </ul>  |
| Competition Director (CD)   | <ul style="list-style-type: none"> <li>Oversee the entire Competition in liaison with the LOC, ED and TD</li> <li>Provide best practices in key areas of competition management and venue operational standards and report to the IF Delegate.</li> <li>Be appointed and / or act on behalf of WPPO at the Competition.</li> </ul>  |
| Event Director (ED)   | <ul style="list-style-type: none"> <li>Oversee the entire Event in liaison with the CD and TD.</li> <li>Provide best practices in key technical areas of competition and operational standards and report to the IF Delegate.</li> <li>Be appointed and / or act on behalf of WPPO at the Competition.</li> </ul>   |
| Technical Delegate (TD)   | <ul style="list-style-type: none"> <li>Provide technical advice.</li> <li>Monitor that the technical operations are conducted in accordance with these Rules and Regulations throughout the entire Event.</li> <li>Act as the leader for the appointed Technical Officials for the Competition.</li> <li>Sign the Final Results for each medal event.</li> </ul>  |
| Chief Referee (CR)  | <ul style="list-style-type: none"> <li>Lead the Bodyweight Category(ies) and ensure all actions on the FOP comply with these Rules.</li> <li>Ensure the equipment and FOP is clean, organised and safe.</li> <li>Lead the Spotter Loaders.</li> <li>Say the "start" and "rack" commands.</li> <li>Judge the lift according to the lift sequences from the required position and/or during the Lift Challenge (if the respective format is used).</li> <li>Raise any errors and make the final decision on the outcome.</li> </ul> |
| Side Referees:<br>Left (LR)<br>Right (RR)   | <ul style="list-style-type: none"> <li>Judge the lift according to the lift sequences from the required position and/or during the Lift Challenge (if the respective format is used).</li> <li>Raise any errors.</li> </ul>   |
| VRS TO<br>(VRS TO <sub>1</sub> , VRS TO <sub>2</sub><br>and VRS TO <sub>3</sub> ) | <ul style="list-style-type: none"> <li>Judge the lift according to the lift sequences from the required position and their decision will count only if a Lift Challenge is raised (if the respective format is used).</li> </ul>  |
| Weigh-in Official<br>(Chief and Assistant)  | <p><b>Chief</b></p> <ul style="list-style-type: none"> <li>Lead the Weigh-in process.</li> <li>Verify the Athlete's identification.</li> <li>Record the Athlete's bodyweight.</li> <li>Record the confirmed starting weight and rack height.</li> <li>Sign the Weigh-in list after the Weigh-in process is complete.</li> </ul> <p><b>Assistant</b></p> <ul style="list-style-type: none"> <li>Call the Athlete's order and bodyweight.</li> </ul>  |

| Position  | Description of Responsibilities  |
|---|--|
|   | <ul style="list-style-type: none"> <li>Verify the Weigh-in list.</li> </ul>  |
| Kit Check Official<br>(Chief and Assistant)         | <ul style="list-style-type: none"> <li>Examine each Athlete's personal uniform and equipment is compliant with these Rules and <b>Appendix 4</b> during the warm-up process.</li> </ul>  |
| Marshall (M)  | <ul style="list-style-type: none"> <li>Accept and verify the Athlete's attempt changes.</li> <li>Provide approval if a Record attempt is requested.</li> <li>Provide approval if a Power Lift attempt is requested.</li> </ul>   |
| Announcer (A)                                       | <ul style="list-style-type: none"> <li>Announce all messages according to <b>Appendix 7</b>.</li> <li>May control the Athlete's lift attempt time.</li> </ul>  |
| Technical Controller<br>(TC)<br>(Chief, Assistants) | <p><b>Chief</b></p> <ul style="list-style-type: none"> <li>Lead the assistant Technical Controllers.</li> <li>Brief the Side Referees and VRS TO on the Athletes' classification notes.</li> <li>Ensure the equipment and warm-up area and call area are clean, organised and safe.</li> <li>Examine each Athlete's personal uniform and equipment is compliant with these Rules and <b>Appendix 4</b> in the call area before entering to the FOP.</li> <li>Manage the access of proper Athletes and Team Officials in the warm-up area and call area.</li> <li>Assist in calling the next Athletes to the Assistant Technical Controller 1 for their attempt.</li> <li>Support the Athlete and Technical Official presentation and victory ceremonies.</li> </ul> <p><b>Assistant (s)</b></p> <ul style="list-style-type: none"> <li>Support the Chief Technical Controller.</li> <li>Control the Athlete and Team Official's access to the FOP for their attempt during the medal event.</li> <li>Examine each Athlete's personal uniform and equipment is compliant with these Rules before they enter the FOP for their attempt.</li> </ul> |
| LiftED and LiftVRS<br>Operator                      | <ul style="list-style-type: none"> <li>Manage the LiftVRS process and LiftED.</li> </ul>   |
| Spotter Loaders                                     | <ul style="list-style-type: none"> <li>Load and unload the bar with discs according to <b>Appendix 8</b>.</li> <li>Keep the equipment and FOP clean, organised and safe.</li> <li>Follow the path/movement of the Athletes' lift and helping only if the Chief Referee or Athlete requests so.</li> <li>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.</li> <li>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.</li> </ul>   |

- 10.4.1 The detailed responsibilities and processes of each technical official role are listed in the technical official handbook as updated by WPPO from time to time.
- 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:
  - 10.4.2.1 Each Technical Official is certified with Tier 2 or 1. Except at Approved Competitions where Tier 4 and 3 are also eligible.
  - 10.4.2.2 There is no more than one (1) Technical Official from the same country.

## 11 Age Groups

### 11.1 Age Groups Description

- 11.1.1 Four (4) age groups are recognised in all WPPO Championships, WPPO Sanctioned and WPPO Approved Competitions, except at Games, where the respective age groups outlined in their qualification regulations will apply.

| Age Group | Minimum Age | Maximum Age |
|-----------|-------------|-------------|
| Rookie    | 15          | 17          |
| Next Gen  | 18          | 20          |
| Elite     | 15          | -           |
| Legend    | 45          | -           |

- 11.1.2 Athletes must turn the applicable age by 31 December of the year during which the respective Competition takes place.

## 12 Entries

### 12.1 Individual Event

- 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.
- 12.1.2 An Athlete may only register to one (1) Bodyweight Category during a Competition.
- 12.1.3 When a Competition does not offer a specific day for different age groups (e.g., at a WPPO World Cup), the Athlete will be automatically entered in the single or multiple age group(s) based on their age.

## 12.2 Individual Event Changes

- 12.2.1 At all Recognised Competitions, unless otherwise determined by WPPO, 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 declared at the time of the final entry deadline.
- 12.2.2 Only one (1) change per Athlete is accepted and must be requested during the allocated time for 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 processed. The new Bodyweight Category will only be accepted upon confirmation of payment and will then be considered final.

## 12.3 Individual Event Category Viability

- 12.3.1 At all Recognised Competitions, except at Games, where the respective event category viability outlined in the Games qualification regulations will apply, a medal Event will be considered viable when the below minimum Athlete numbers apply per Bodyweight Category:
  - 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 MS for that Bodyweight Category.
  - 12.3.1.2 **Two (2) Athletes:** When there are two (2) Athletes in a single Bodyweight Category, the Event is viable for 2 Medals (Gold and Silver).
  - 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; the coefficient formula (CF) will be used.
  - 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.
- 12.3.2 The final viable medal Events for all Recognised Competitions, except at Games will be determined in consultation with the LOC and WPPO prior to and/or after the Teams Meeting.
- 12.3.3 MS weights can be found in **Appendix 9**.
- 12.3.4 The respective Games medal Event criteria as outlined in their qualification regulations will apply.

## 12.4 Team Event

- 12.4.1 At all Recognised Competitions, except at Games where their respective approved medal programme will apply, one (1) Team Event will be viable per gender in the Elite age group under the following conditions:
  - 12.4.1.1 There must be a minimum of two (2) competing teams, two (2) of which may be from the same NPC.
  - 12.4.1.2 Teams must consist of three (3) Athletes from the same NPC and same gender.
  - 12.4.1.3 Each of the three (3) Athletes that comprise a team may be from different Bodyweight Categories.



- 12.4.1.4 Each NPC is permitted to enter a maximum of three (3) teams per Team Event and gender.
- 12.4.1.5 Athletes entered in a Team Event may also be entered in an individual medal Event or may be additional Athletes.
- 12.4.1.6 Athletes entered in a Team Event may belong to any age groups.
- 12.4.1.7 Teams can be withdrawn until the entry verification process. After that, the withdrawn Athlete(s), Team(s) will be subject to a penalty fee of one hundred Euros (€100) per Athlete. An approved Medical Withdrawal Request does not prevent from the penalty fee. Full payment must be confirmed to WPPO alongside the Medical Withdrawal Request by the respective team.

## **12.5 Mixed Team Event**

- 12.5.1 At all Recognised Competitions, except at Games where their respective approved medal programme will apply, one (1) Mixed Team Event will be viable in the Elite age group under the following conditions:
  - 12.5.1.1 There must be a minimum of two (2) competing teams, two (2) of which may be from the same NPC.
  - 12.5.1.2 Teams must consist of three (3) Athletes from the same NPC, with at least one (1) female and one (1) male.
  - 12.5.1.3 Each of the three (3) Athletes that comprise a team may be from different Bodyweight Categories.
  - 12.5.1.4 Each NPC is permitted to enter a maximum of three (3) teams.
  - 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.
  - 12.5.1.6 Athletes entered in a Mixed Team Event This may belong to any age group.

## **12.6 Team and Mixed Team Event Changes**

- 12.6.1 At all Recognised Competitions except at Games, NPCs will have the opportunity to request changes to the Athletes registered in the Team and Mixed Team Event during the entry verification process.
- 12.6.2 All three (3) Athlete slots may be changed once during the entry verification process. These changes must be requested during the allocated time of the entry verification process. No fee will be charged for requested changes

## **12.7 Combined Team and Mixed Team Event**

- 12.7.1 For all Team and Mixed Team Events, except at Games, NPCs will have the opportunity to combine athletes from different NPCs and bodyweight categories to form and compete as International Teams.

## 13 Lot Number

### 13.1 Individual Event

- 13.1.1 At WPPO Championships and WPPO Sanctioned Competitions, one (1) Lot Number will be allocated to each Athlete according to the 2025-2026-2027-2028 World Ranking List per Bodyweight Category, and at Games, one (1) Lot Number will be allocated to each Athlete according to the Qualification Games Ranking List) in ascending ranking position. (e.g., an Athlete ranking first (1st) will receive Lot Number one (1) and so on).
- 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.
- 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.
- 13.1.4 The Lot Numbers for all competing Athletes must be allocated and confirmed after the end of the Teams Meeting.
- 13.1.5 The Lot Number will dictate the following:
  - 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).
  - 13.1.5.2 The order that Athletes attend the Weigh-in, with the highest Lot Number going first.
  - 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.
  - 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 have the same Lot Number, the Athlete in the lighter Bodyweight Category going first.

### 13.2 Team and Mixed Team Event

- 13.2.1 At WPPO Championships and WPPO Sanctioned Competitions, the Lot Number will be allocated randomly for each Event. At Games, the Lot Number will be allocated according to the Qualification Games Ranking List in ascending ranking position as of the final qualification deadline.
- 13.2.2 The Lot Number will dictate the following:
  - 13.2.2.1 The order that Athletes attend the Weigh-in, with the highest Lot Number going first.
  - 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.

## 14 Categories and Groups

### 14.1 Individual Event

- 14.1.1 At WPPO Recognised Competitions, Athletes may compete and/or be awarded medals in a single Bodyweight Category or combined categories as detailed below:
- 14.1.1.1 **Single Bodyweight Category:** A single Bodyweight Category per gender, with medals awarded in following formats:
- a) **1 Athlete:** Medal will be awarded by MS (when there is one (1) athlete in a single bodyweight category), and they lift equal to or more than the respective level MS for that bodyweight category as published in the competition information package (Gold);
  - b) **2 Athletes:** Medals will be awarded (Gold and Silver);
  - c) **3 or more Athletes:** All medals will be awarded (Gold, Silver, Bronze).
- 14.1.1.2 **Grouping Categories:** May be multiple viable Bodyweight Categories per gender in anyone (1) Event, with medals awarded in following format:
- a) **1 Athlete:** Medal will be awarded by MS (when there is one (1) Athlete in a single bodyweight category), and they lift equal to or more than the respective level MS for that bodyweight category as published in the competition information package (Gold);
  - b) **2 Athletes:** Medals will be awarded (Gold and Silver);
  - c) **3 or more Athletes:** All medals will be awarded (Gold, Silver, Bronze).
- 14.1.1.3 **Combined Categories:** May be multiple combined viable Bodyweight Categories per gender in anyone (1) Event, with medals awarded in following format:
- a) **Coefficient Formula:** The medals will be calculated using CF points at the discretion of WPPO (i.e., when the total number of athletes is one [1] or two [2] in more than one [1] bodyweight category, then combined categories can be formed).

### 14.2 Individual Event Groups

- 14.2.1 At WPPO Recognised Competitions, when there are eleven (11) or more Athletes competing in a single Bodyweight Category or combined categories, the groups will consist of a minimum of five (5) Athletes per group.
- 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.
- 14.2.3 Groups are labelled descending alphabetically (e.g., D, C, B and A).
- 14.2.4 Groups are formed as equally as possible (in terms of number of Athletes), with the exception of group A, which may consist of six (6) Athletes, unless WPPO determines otherwise.
- 14.2.5 If there is an odd number of groups, the first competing group (descending alphabetically) will have the larger number of Athletes.

- 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).
- 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.
- 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).
- 14.2.9 The final groups are set after the Weigh-in.

### **14.3 Team and Mixed Team Event Groups**

- 14.3.1 At WPPO Recognised Competitions, when there are more than five (5) teams or mixed team competing in the heats phase then groups may be formed to create a minimum of three (3) teams per group.
- 14.3.2 Groups are formed with a draw after the Teams Meeting.
- 14.3.3 Groups are labelled descending alphabetically (e.g., C, B and A).
- 14.3.4 Groups are formed as equally as possible (in terms of number of teams).
- 14.3.5 If there is an odd number of groups, the first competing group (descending alphabetically) will have the larger number of Teams.

## **15 Weigh-in**

### **15.1 Weigh-in process**

- 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.
- 15.1.2 For Individual, Team and Mixed Team Events, each Athlete must attend the Weigh-in process in a designated, private area with the Technical Officials matching the same gender of the Athlete.
- 15.1.3 Unless determined otherwise by WPPO, the Weigh-in process may occur up to one (1) day before the Kit Check of the respective Bodyweight Category, combined categories, Team and Mixed Team Event.
- 15.1.4 The Weigh-in process is completed in descending order of Lot Number from highest to lowest.
- 15.1.5 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.
- 15.1.6 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 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.
- 15.1.9 The Athlete must weigh-in wearing sport underclothing (men: underpants, other outfit and/or head item; women: underpants, sport bra, other outfit and/or head item) compliant with the Athlete Uniform and Personal Equipment Rules. Athletes are allowed to remove their underclothing to ensure they reach the minimum or maximum of the Bodyweight category parameters. Athletes with prosthesis or any supportive device must remove them during the Weigh-in.
- 15.1.10 Athletes under eighteen (18) years of age must wear sport underclothing with no option to remove.

## **15.2 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.

## **15.3 Random Weigh-in**

- 15.3.1 Random weigh-ins of the Athletes may take place in the day of the medal event in advance of the warm-up for the specific Bodyweight Category, at the discretion of WPPO.
- 15.3.2 Should an Athlete weigh above a percentage of their specific Bodyweight from the initial weigh-in, they will be disqualified (DSQ) from the Event.
  - 15.3.2.1 The specific random weigh-in percentage will be published in the corresponding Competition information package.

## **15.4 Team and Mixed Team Event**

- 15.4.1 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.
- 15.4.2 An Athlete will only be weighed-in once (1). No additional time will be added to the Weigh-in process.
- 15.4.3 The bodyweights for Athletes competing in the Team and Mixed Team Events may be taken from their Individual or Team Events at the discretion of WPPO.
- 15.4.4 During the Weigh-in, the team or mixed team must submit:

- 15.4.4.1 Lifting order of the Athletes, rack height and weight; and
- 15.4.4.2 Lift attempt for the first (1st) Athlete.

## 16 Athlete Uniform and Personal Equipment

### 16.1 General rules concerning the uniform and personal equipment

- 16.1.1 At WPPO Championships and Sanctioned Competitions, all Athletes must wear/use at the competition area (warm-up, call area and FOP) lifting suit and bench straps exclusively produced by WPPO approved suppliers, complying with the Rules in this section and in **Appendix 4**. The full list of WPPO approved suppliers, as per **Appendix 4**, may be subject to changes by WPPO from time to time.
- 16.1.2 Any uniform items that are not explicitly outlined may not be worn for safety purposes (e.g., invasive earrings, hats, wristwatches, rings, etc.).
- 16.1.3 As a minimum, the Athlete must wear a lifting suit, sport shoes and socks (if exceptional circumstances exist based on the impairment type and/or health condition, these must be approved in accordance with the CoE located on the WPPO website at <https://www.paralympic.org/powerlifting/documents>).

### 16.2 Lifting Suit

- 16.2.1 One (1) lifting suit must be worn by the Athlete, complying with the following Rules.
  - 16.2.1.1 Must be one (1) piece;
  - 16.2.1.2 Must be cotton, elastane, polyester, nylon or a combination of each;
  - 16.2.1.3 Must be a one (1) layer/thickness with the exception of the hem (two (2) layers permitted);
  - 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;
  - 16.2.1.5 Must be form fitting on the Athlete's body;
  - 16.2.1.6 Must include shoulder straps or sleeves;
  - 16.2.1.7 If a sleeved model, must not have sleeves that extend beyond the deltoid tuberosity (midpoint of deltoid).

### 16.3 Shirt

- 16.3.1 One (1) round neck shirt may optionally be worn by the Athlete under the lifting suit, complying with the following Rules:
  - 16.3.1.1 Must be a one (1) layer/thickness with the exception of the hem (two (2) layers permitted);
  - 16.3.1.2 Must be cotton, polyester, nylon or a combination of each;
  - 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;
  - 16.3.1.4 Must be form fitting on the Athlete's body



- 16.3.1.5 Must not have sleeves that extend beyond the deltoid tuberosity (midpoint of humerus).

#### **16.4 Underpants**

- 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:
  - 16.4.1.1 Must be form fitting on the Athlete's body;
  - 16.4.1.2 Must not be longer than the lifting suit legs or cover the knees;
  - 16.4.1.3 Must be a one (1) layer/thickness with the exception of the hem (two (2) layers permitted);
  - 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.

#### **16.5 Other Outfit**

- 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:
  - 16.5.1.1 Must be any one (1) colour except black, with no pattern or design, with the exception of the manufacturer identification;
  - 16.5.1.2 Must be a one (1) layer/thickness with the exception of the hem (two (2) layers permitted);
  - 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;
  - 16.5.1.4 Must be form fitting on the Athlete's body, specifically over the Athlete's elbows;
  - 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;
  - 16.5.1.6 If the sleeve option, only one (1) sleeve may be worn on each arm.

#### **16.6 Sport Shoes and Socks**

- 16.6.1 One (1) pair of sport shoes and socks must be worn by the Athlete.
- 16.6.2 If exceptional circumstances exist based on the impairment type and/or health condition, these must be approved in accordance with the CoE (located on the WPPO website at <https://www.paralympic.org/powerlifting/documents>).

#### **16.7 Sport Bra**

- 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:
  - 16.7.1.1 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;
  - 16.7.1.2 Must be completely flat when placed on a table.

## **16.8 Head item**

- 16.8.1 One (1) head item may be worn by the Athlete, complying with the following Rules:
  - 16.8.1.1 Must be made up of one (1) colour, with no pattern or design, with the exception of the manufacturer identification;
  - 16.8.1.2 Must be a one (1) layer/thickness with the exception of the hem (two (2) layers permitted);
  - 16.8.1.3 Must be completely flat when placed on a table;
  - 16.8.1.4 Must be form fitting on the Athlete's head and/or neckline;
  - 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;
  - 16.8.1.6 Must not cover the eyes, nose and mouth, or be worn below the collarbone.

## **16.9 Bench Straps**

- 16.9.1 One (1) or two (2) bench straps may be used by the Athlete for additional stability, complying with the following Rules:
  - 16.9.1.1 Must be any one (1) colour with no pattern or design with the exception of the manufacturer design;
  - 16.9.1.2 Must have a length of minimum one hundred sixty (160) cm to a maximum two hundred twenty (220) cm;
  - 16.9.1.3 Must have a Velcro fastening;
  - 16.9.1.4 Must have a width of minimum seven and a half (7.5) cm to a maximum ten (10) cm;
  - 16.9.1.5 Must not have any additional padding, bracing, support or loops.
- 16.9.2 The bench straps must be used in the following way:
  - 16.9.2.1 Placed anywhere from the midpoint of the ankle joints to the midpoint of the hip joints;
  - 16.9.2.2 If two (2) straps are being used, they must never overlap; and
  - 16.9.2.3 Must be placed by the Athlete or their Team Official with possible support from the Spotter Loaders.
- 16.9.3 Exceptions for different impairment types and/or health conditions for placement (on, across and/or above the hip line) must be approved in accordance with the CoE (located on the WPPO website at <https://www.paralympic.org/powerlifting/documents>).

## **16.10 Belt**

- 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:
  - 16.10.1.1 Must have a main body made of leather, vinyl or other similar non-stretch material in one (1) or more laminations, which may be glued and/or stitched together;
  - 16.10.1.2 Must not have any additional padding, bracing or support of material on the surface or within the laminations;

- 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;
- 16.10.1.4 Must have a tongue loop attached close to the buckle by stitching and/or studs;
- 16.10.1.5 Must have a maximum width of twelve (12) cm; and
- 16.10.1.6 Must have a maximum thickness of the main body of one and three tenths (1.3) cm.

#### **16.11 Wrist Wraps**

- 16.11.1 One (1) wrist wrap on each wrist may be worn by the Athlete, complying with the following Rules:
  - 16.11.1.1 Must be made of commercially available materials;
  - 16.11.1.2 Must not have a buckle for securing;
  - 16.11.1.3 May be a commercially available wrist wrap or bandage but not be a combination of the two (2);
  - 16.11.1.4 Must have a maximum width and covered width of twelve (12) cm;
  - 16.11.1.5 Must have a maximum length of one hundred (100) cm;
  - 16.11.1.6 Must not extend twelve (12) cm below and two (2) cm above the centre of the wrist joint;
  - 16.11.1.7 May have Velcro patches and tabs for securing ("hook and loop"); and
  - 16.11.1.8 If the wrist wrap has a thumb or finger loop, it must not be used during the lift attempt.

#### **16.12 Plasters and Medical Tape**

- 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 the LOC Chief Medical Doctor / Medical Delegate approval and the official permission of the TD. 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 an advantage.
- 16.12.2 Any other non-medical taping (e.g., kinesiological, physiological, etc.) is not permitted.

#### **16.13 Mouthguard**

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

## **17 Kit Check**

#### **17.1 Kit Check process**

- 17.1.1 Each Athlete must attend the Kit Check process before the medal event.
- 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.
- 17.1.3 The Kit Check process is completed in ascending order of the first (1st) attempt recorded at the Weigh-in, from lowest to highest of their respective group.

- 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.
- 17.1.5 The Athlete must wear every uniform item and personal equipment that will be used during the medal event in the Kit Check process if not they will be disqualified (DSQ) from the Event.
- 17.1.6 For approval for the Event, all items and equipment must be in accordance with these Rules.
- 17.1.7 During the medal 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.

## 18 Warm-Up

### 18.1 General

- 18.1.1 Benches will be allocated by the first (1<sup>st</sup>) attempt recorded at the Weigh-in, from lowest to highest of their respective group.
- 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.
- 18.1.3 Any breach of this Rule 18.1.2 by an Athlete and/or Team Official may result in the removal of the warm-up pass and/or accreditation by WPPO and/or the TD.

### 18.2 Individual Event

- 18.2.1 Athletes will be allocated a minimum period of thirty (30) minutes of warm-up time prior to the start of the medal event.
- 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.
- 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.
- 18.2.4 When Events have more than one (1) group of Athletes, the Athletes and Team Officials of the descending alphabetically ordered group that are competing first will have priority access to the benches in the warm-up area (e.g., group C, followed by group B and then group A).
- 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.

### 18.3 Team and Mixed Team Event

- 18.3.1 Teams will be allocated a minimum period of thirty (30) minutes of warm-up time prior to the start of the Heats.

- 18.3.2 Between the Heats, Head-to-Head, and Bronze and Gold Medal phases, teams will be allocated a minimum period of five (5) minutes of warm-up time.
- 18.3.3 Each team will be provided with two (2) team or mixed team warm-up pass to access the warm-up area.
- 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.

## 19 Athlete and Technical Official Presentation

### 19.1 Presentation Process

- 19.1.1 The Athlete and Technical Official presentations must be conducted according to the requirements and timelines outlined in [Appendix 10](#).

## 20 Individual Event

### 20.1 Individual Event Process

- 20.1.1 The medal event will begin after the warm-up as stated on the Competition schedule by descending group.
- 20.1.2 Athletes will have one (1) lift attempt in three (3) distinct Rounds in the medal event.
- 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):
  - 20.1.3.1 If a lift attempt is a "No Lift", the Athlete may request the same weight in the next Round.
  - 20.1.3.2 If the lift attempt is a "Good Lift", the Athlete must raise the weight by a minimum of one (1) kilogram in the next Round.
- 20.1.4 During each Round, the Athlete will have two (2) minutes from when their full name is announced in English to receive the start command. If the Athlete is required to complete their lift attempt immediately after their previous lift attempt (except when in case of an error as set out in Rule 25) three (3) minutes will be allocated for their next lift attempt.
- 20.1.5 The Athlete may be accompanied to the bench by one (1) Team Official.
- 20.1.6 The Team Official may assist the Athlete getting on and off the bench and strapped.
- 20.1.7 During the lift attempt, the Team Official must remain in the designated Team Official area.
- 20.1.8 One (1) Team Official may assist the Athlete in removing the bar from the racks if requested by the Team Official and approved by the TD in the warm-up period.
- 20.1.9 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.

- 20.1.10 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).
- 20.1.11 In case of temporary suspension of the medal event, the Athletes will be allocated a minimum of thirty (30) minutes warm-up period and the medal event and scoreboard will continue as it was before the suspension.

## **20.2 Rounds and Lift Attempt Changes**

### **20.2.1 Round 1**

- 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.
- 20.2.1.2 One (1) change is allowed, either:
  - a) Lower to a maximum of ten (10) kilograms less than the original lift attempt (but not below twenty-five (25) kgs); or
  - b) Higher to a maximum of ten (10) kilograms.
- 20.2.1.3 Athletes competing in the first (1st) or only group may make their one (1) change from thirty (30) minutes before the start of the medal event until five (5) minutes before the start of the Round 1.
- 20.2.1.4 Subsequent groups in the same medal events and Bodyweight Category may make their one (1) change from thirty (30) minutes before the start of their group until five (5) minutes before the start of their first Round, by requesting this to the Marshall.
- 20.2.1.5 This change must be made by the Athlete or their Team Official on the attempt card.
- 20.2.1.6 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.

### **20.2.2 Round 2**

- 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.
- 20.2.2.3 If no attempt is requested and the lift decision was a "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.
- 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.

### **20.2.3 Round 3**

- 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.
- 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.
- 20.2.3.3 If no attempt is requested and the lift decision was a "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.
- 20.2.3.4 If no attempt is requested and the lift decision was a "No Lift" in Round 2, then the attempt for Round 3 shall automatically be the same as the Athlete's attempt in Round 2.
- 20.2.3.5 Two (2) changes are allowed only under the following conditions:
- a) If the Announcer has not called the full Athlete name in English to start their lift attempt; or
  - 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
  - c) the requested weight is not lower than the weight attempted in Round two (2) by that Athlete; or
  - d) higher to no limit.
- 20.2.4 Throughout the Event, the Athlete and/or their Team Official may change their rack height at any time through the Marshall only.

## **21 Team and Mixed Team**

### **21.1 Team and Mixed Team Process**

- 21.1.1 The medal event will begin after the warm-up as stated on the Competition schedule by descending group and by phase.
- 21.1.2 The medal event consists of three (3) phases based on the number of entries:
- 21.1.2.1 Heats
  - 21.1.2.2 Head-to-Head Matches
  - 21.1.2.3 Bronze and Gold Matches
- 21.1.3 If there are two (2) teams, teams will compete in the Gold Match.
- 21.1.4 If there are three (3) teams, teams will compete in the Heat Phase and the top two (2) ranked teams will advance to the Gold Match.
- 21.1.5 If there are four (4) teams, teams will compete in Head-to-Head Matches (allocated randomly); the top two (2) ranked teams will advance to the Gold Match and the two (2) lower ranked teams will advance to the Bronze Match.



- 21.1.6 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 Teams Meeting.
- 21.1.7 Once the top four (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 highest team Lot Number will compete 1st -Match B, immediately followed by Match A.
- 21.1.8 In the head-to-head matches, per match B and A, the one (1) top ranked team will advance to the Gold Match. The lower ranked team will advance to the Bronze Match.
- 21.1.9 In each phase, teams will have one (1) lift attempt in three (3) distinct Rounds. Each Athlete will lift once (1) in the Round identified by their Team Official.
- 21.1.10 After the heats and head-to-head phase, teams have up to five (5) minutes before the Round 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.
- 21.1.11 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.
- 21.1.12 During each Round, the Athlete will have two (2) minutes from when their full name is announced in English to receive the start command.
- 21.1.13 The Athlete may be accompanied to the bench by one (1) Team Official.
- 21.1.14 The Team Official may assist the Athlete getting on and off the bench and getting strapped.
- 21.1.15 One (1) 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. During the lift attempt, the Team Official must remain in the designated Team Official area.
- 21.1.16 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.
- 21.1.17 During the medal 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

- 22.1.1 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.

- 22.1.2 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

- 22.2.1 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 Execution

### 23.1 Good Lift Execution

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

#### 23.1.1.1 Body Position Sequence (Turquoise)

- a) The Athlete lies on the bench on their back and assumes the lifting position during the entire lift.
- b) The Athlete’s 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.
- c) The Athlete is strapped in accordance with Rule 16.9 set out in Athlete Uniform and Personal Equipment.
- 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. A reverse bench press grip is not permitted.
- 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.
- f) The bar is taken under control at arm’s length with locked elbows, subject to any special medical conditions.
- g) The Athlete begins the lift after the start command is given.

#### 23.1.1.2 Down Sequence (Blue)

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

#### 23.1.1.3 Stop Sequence (Orange)

- a) The bar has stopped on the chest\*\* and does not sink into the chest before being pressed upwards.

#### 23.1.1.4 Press Sequence (Purple)

- 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).

- b) The bar moves in an upward motion during the concentric/upwards movement of the bar.
- c) The bar is pressed with equally timed lock out of both arms and elbows.
- d) The Athlete puts the bar back onto the rack after the rack command is given by the Chief Referee.

*\* Any exceptions for different impairment types and/or health conditions must be approved in accordance with the CoE (located on the WPPO website at <https://www.paralympic.org/powerlifting/documents>).*

*\*\* When the Bar Stop System (BSS) is used, it will produce an audible signal, confirming that the bar has stopped on the chest.*

## **23.2 No Lift Execution**

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:

### **23.2.1.1 Body Position Sequence (Turquoise)**

- a) The Athlete does not lie on the bench on their back and does not assume the lifting position during the entire lift.
- b) The Athlete’s shoulders, buttocks, fully extended legs and heels (if applicable) do not remain on and touching the bench during the lift.
- c) The Athlete is not strapped in accordance with Rule 16.g in Athlete Uniform and Personal Equipment.
- d) Any of the fingers of the Athlete are not wrapped firmly around the circumference of the bar with the thumbs on the opposite side of the other fingers during the entire lift.
- e) If the fingers of the Athlete wrapped the bar in a reverse bench press grip.
- f) The spacing of the Athlete’s hands exceeds the eighty-one (81) cm from either forefinger as indicated by the markings on the bar.
- g) The bar is not taken under control at arm’s length with locked elbows, subject to any special medical conditions.
- h) The Athlete begins the lift before the start command is given.
- i) The Athlete does not start their lift within the lift time allowance.
- j) The Athlete does not receive the start command within the lift time allowance.

### **23.2.1.2 Down Sequence (Blue)**

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

### **23.2.1.3 Stop Sequence (Orange)**

- a) The bar has not stopped on the chest\*\*\*.
- b) The bar has stopped on the chest\*\* and sinks into the chest before being pressed upwards.

*\*\*\* When the Bar Stop System (BSS) is used, if the audible signal is not produced, its confirmed that the bar has not stopped on the chest.*

*\*\* When the Bar Stop System (BSS) is used, it will produce an audible signal, confirming that the bar has stopped on the chest.*

#### 23.2.1.4 **Press Sequence (Purple)**

- a) The Athlete fails to press the bar.
- 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).
- c) 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.
- e) The Athlete puts the bar back onto the rack before the rack command is given by the Chief Referee.
- f) If the bar hits the racks during any time of the execution of the lift (even if was not intentionally).

23.2.1.5 The attempt is determined unsuccessful during the lift (e.g., the Athlete is injured, the Athlete is unsafely struggling) 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.

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

23.3.1.2 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**

24.1.1 At all WPPO Recognised Competitions where the Lift Video Review System (LiftVRS) is used, Athletes will have the opportunity to challenge only their own “No Lift” decision.

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.

24.1.3 A Lift Challenge card must be requested during the allocated time specified in the information package at a cost of one hundred Euros (€100). Full payment must be paid immediately upon request of a Lift Challenge card.

- 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.
- 24.1.5 After a Lift Challenge card is submitted, the next lift attempt selection must be requested within one (1) minute of the Lift Challenge decision being displayed. This selection must be made by the Athlete or their Team Official on the attempt card.
- 24.1.6 The Lift Challenge may take place in one (1) of the following formats, at the discretion of WPPO:
- 24.1.7 VRS Challenge Format**
- 24.1.7.1 Each VRS TO 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.
- 24.1.7.2 Only when a Lift Challenge is initiated, VRS TO<sub>1</sub> will immediately check all the decisions that were made by each member of the VRS TO (1, 2 and 3). This will occur without any need to suspend the medal event, and the outcome of the challenge will be automatically displayed on the board, resulting in the outcomes below:
- a) **Lift Challenge is successful:** by unanimous decision, the three (3) VRS TO 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.
  - b) **Lift Challenge is unsuccessful:** if minimum one (1) of the VRS TO 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 Management.
- 24.1.8 Referee Challenge Format**
- 24.1.8.1 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).
- 24.1.8.2 Only when a Lift Challenge is initiated, the medal 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.
- 24.1.9 The Announcer will announce the outcome of the Lift Challenge.

- 24.1.10 The outcome of the Lift Challenge process is final, and there will be no further opportunity to appeal this outcome.
- 24.1.11 Should there be a failure in the LiftVRS, the Chief Referee or VRS TO Member 1 respectively will communicate to the Athletes and Team Officials of the failure, and the medal 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.

## 25 Errors on the Field of Play

### 25.1 Errors on the FOP Description

- 25.1.1 During the medal event, any of the errors below may occur and be raised by the Athlete, the Team Official, the Referees, the VRS TO, Marshall 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):
  - 25.1.1.1 **Incorrectly Loaded Bar:** The weight that is loaded onto the bar does not match the weight requested by the Athlete to the Marshall.
  - 25.1.1.2 **Incorrect Rack Height:** The rack height is incorrect and does not match the height requested by the Athlete to the Marshall.
  - 25.1.1.3 **Announcer Error:** The announcement by the Announcer is incorrect leading to an incorrectly loaded bar and/or rack height or incorrect Athlete announced.
  - 25.1.1.4 **Time Keeping Error:** The lift attempt clock is started by the Announcer too early or too late after the Athlete is announced.
  - 25.1.1.5 **Spotting Error:** The spotter loader comes into contact with the bar during the lift when not instructed to do so by the Chief Referee.
  - 25.1.1.6 **Technical/Technological/Marshall Error:** Incorrectly loaded bar, rack height and/or incorrect Athlete attempt.
  - 25.1.1.7 **Equipment Error:** The bench, bar, discs, collars and/or bench straps break and/or are damaged.
- 25.1.2 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:
  - 25.1.2.1 If the Chief Referee determines there is no error, the time and attempt shall resume as normal.
  - 25.1.2.2 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.

- 25.1.3 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:
  - 25.1.3.1 If the Chief Referee determines there is no error, the lift decision will remain as normal.
  - 25.1.3.2 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.
  - 25.1.3.3 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.
  - 25.1.3.4 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

- 26.1.1 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 subject to the anti-doping requirements as set out in Regulation 4 above.
- 26.1.2 If the record lift attempt is "Good Lift", it will be recognised as a new record.
- 26.1.3 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.
- 26.1.4 For a record attempt, only one (1) Referee and only one (1) VRS TO member may match the nationality of the Athlete completing the record.
- 26.1.5 WPPO will recognise and maintain Individual Event records for all four (4) age groups, female and male genders and for World, Regional and various Competitions (as set out below).
- 26.1.6 It is only possible to break these records at the below-identified Competitions within the three (3) lift attempts:



| Competition Type                        | Record types recognised if lifted within the 3 attempts   |
|---|---|
| Paralympic Games                        | Elite World Record<br>Rookie World Record<br>Next Gen World Record<br>Legend World Record<br>Paralympic Records<br>All Regional Records*  |
| World Championships                     | Elite World Record<br>Legend World Record<br>All Elite Regional Records<br>All Legend Regional Records  |
| Rookie and Next Gen World Championships | Rookie World Record<br>Next Gen World Record<br>All Rookie Regional Records<br>All Next Gen Regional Records  |
| Regional Championships                  | Elite World Record<br>Rookie and Next Gen World Record<br>Legend World Record<br>All Elite Regional Records<br>All Rookie and Next Gen Regional Records<br>All Legend Regional Records            |
| World Cups                              | Elite, Rookie, Next Gen and Legend World Records<br>All Elite, Rookie, Next Gen and Legend Regional Records   |
| Parapan American Games                  | Elite World Record<br>Elite Americas Regional Record<br>Parapan American Games Record   |
| Asian Para Games                        | Elite World Record<br>Elite Asia Regional Record<br>Asian Para Games Record   |
| Commonwealth Games                      | Elite World Record<br>All Elite Regional Records<br>Commonwealth Games Record   |
| Islamic Solidarity Games                | Elite World Record<br>All Elite Regional Records<br>Islamic Solidarity Games Record   |
| Sub-regional Para Games                 | Elite World Record<br>Rookie and Next Gen World Record<br>Legend World Records<br>Respective Rookie and Next Gen Regional Records<br>Respective Elite Regional Records<br>Legend Regional Records |
| Youth Para Games                        | Rookie and Next Gen World Record<br>Respective Rookie and Next Gen Regional Records   |
| Hybrid Competitions                     | None  |
| International/Invitational/National     | None  |

\* A regional record will only be recognised if the Athlete has also broken the respective world record with the same lift attempt.

## 27 The Power Lift

### 27.1 The Power Lift Description

- 27.1.1 Subject to Rule 27.1.4, Athletes in the Individual Event may make an additional fourth (4<sup>th</sup>) attempt to break a record if there is anti-doping testing being conducted at that Competition.
- 27.1.2 The Power Lift will take place following the third (3<sup>rd</sup>) Round.
- 27.1.3 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 at least one of the below conditions are met will the request be approved by the Marshall:
  - 27.1.3.1 If the Athlete's third (3<sup>rd</sup>) 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.
  - 27.1.3.2 If the athlete's third (3<sup>rd</sup>) attempt was an eligible record attempt and was a "Good Lift".
- 27.1.4 It is only possible to break the following records and be recognised in the final result at the identified Competitions with the Power Lift.

| Competition Type                        | Record types permitted to be requested for Power Lift   |
|---|---|
| Paralympic Games                        | Elite World Record*<br>Paralympic Record  |
| World Championships                     | Elite and Legend World Record   |
| Rookie and Next Gen World Championships | Rookie and Next Gen World Record  |
| Regional Championships                  | <i>For Athletes from the region of the Competition only</i><br>Rookie and Next Gen World Record<br>Elite and Legend World Record<br>Rookie & Next Gen Regional Record<br>Elite and Legend Regional Record |
| World Cups                              | Elite and Legend World Record<br>Rookie and Next Gen World Record   |
| Parapan American Games                  | Elite World Record<br>Elite Americas Regional Record<br>Parapan American Games Record   |
| Asian Para Games                        | Elite World Record<br>Elite Asia Regional Record<br>Asian Para Games Record   |

| Competition Type                    | Record types permitted to be requested for Power Lift |
|-------------------------------------|---|
| Commonwealth Games                  | None  |
| Islamic Solidarity Games            | None  |
| Sub-regional Para Games             | Elite World Record<br>Elite Regional Record           |
| Youth Para Games                    | Rookie and Next Gen World Record                      |
| Hybrid Competitions                 | None  |
| International/Invitational/National | None  |

*\* An Elite regional record will only be recognised if the Athlete has also broken the Elite world record with the same lift attempt.*

## 28 Results

### 28.1 Individual Event

- 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 medal 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)
- 28.1.2 **Best lift by CF:** The final result of each Athlete will be calculated by the highest CF score within the three (3) attempts and also the Power Lift ("best lift"), ranked in descending order (e.g., highest "best lift" is the first (1st) ranking).
- 28.1.3 **Tie Break (Best lift):** If two (2) or more Athletes achieve the same "best lift" result, the Athlete who completed the Good Lift first (1st) will determine the final rank/result. In case of a tie(s) in different group(s), the Athlete who competed in the earlier group will be ranked higher.
- 28.1.4 **Total lift:** The final result of each Athlete will be calculated by the sum of "Good Lift" lift attempt weights completed during the medal 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.
- 28.1.5 **Total lift by CF:** The final result of each Athlete will be calculated by the sum of "Good Lift" lift attempt weights each by CF score completed during the medal event within the three (3) attempts ("total lift"), ranked in descending order (e.g., highest "total Lift" is first (1st) ranking). The total lift medal is valid in all Recognised Competitions except at Games.
- 28.1.6 **Tie Break (Total lift):** If two (2) or more Athletes achieve the same "total lift" result, the Athlete who completed the total first (1st) will determine the final rank/result. In case of a tie(s) in different group(s), the Athlete who competed in the earlier group will be ranked higher.

## 28.2 Team and Mixed Team Event

- 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.
- 28.2.2 **Tie Break:** in each of the phases, if a team achieved the same result, the following will determine the result:
- 28.2.2.1 the team with the higher number of “Good Lifts” will be ranked higher;
  - 28.2.2.2 if a tie still exists, the team with the Athlete with the highest individual score lifted will be ranked higher;
  - 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).
- 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).

## 29 Medal Awards

### 29.1 Medal Awards Description

- 29.1.1 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:

| Ranking                   | Medal  |
|---------------------------|--------|
| First (1 <sup>st</sup> )  | Gold   |
| Second (2 <sup>nd</sup> ) | Silver |
| Third (3 <sup>rd</sup> )  | Bronze |

### 29.2 Individual Events

- 29.2.1 Only two (2) Athletes from the same NPC are eligible to win a medal.
- 29.2.2 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.
- 29.2.3 The medal allocation and victory ceremony must be carried out in accordance with the WPPO Protocol Guidelines (**Appendix 10**).

## 30 Rankings List

### 30.1 Rankings Descriptions

30.1.1 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:

30.1.1.1 **Individual Event:** Best Lift – World, Regional and Paralympic Rankings

30.1.1.2 **Individual Event:** Total Lift – World and Regional Rankings

30.1.1.3 **Team Event:** World and Regional Rankings

30.1.1.4 **Mixed Team Event:** World and Regional Rankings

30.1.1.5 **Hybrid Competitions:** World Rankings

### 30.2 Individual Event

30.2.1 For the Individual Event, in the case of a tie, the Athlete with the "best lift" or "total lift" respectively lifted first (1<sup>st</sup>) by:

30.2.1.1 calendar date will be ranked higher; if identical, then

30.2.1.2 the earlier Round will be ranked higher; if identical, then

30.2.1.3 the earlier time will be ranked higher (by Central European Time)

### 30.3 Team and Mixed Team Event

30.3.1 For the Team and Mixed Team Event in the case of a tie, the ranking will be the highest score achieved during any phase in the case of a tie:

30.3.1.1 the team who achieved the score first (1<sup>st</sup>) by calendar date will be ranked higher

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

30.3.1.3 if a tie still exists, the team with more "Good Lifts" will be ranked higher

## 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 MS 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 Teams 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

| Position                                       | Overview of Responsibility  |
|--|---|
| <b>International Federation Delegate (IFD)</b> | <ul style="list-style-type: none"><li>Is in charge of the planning and delivery of the entire Competition.</li><li>Has the highest authority over the Competition.</li><li>Be appointed and / or act on behalf of WPPO at the Competition.</li></ul>  |
| <b>Competition Director (CD)</b>               | <ul style="list-style-type: none"><li>Oversee the entire Competition in liaison with the LOC, ED and TD</li><li>Provide best practices in key areas of competition management and venue operational standards and report to the IF Delegate</li><li>Be appointed and / or act on behalf of WPPO at the Competition.</li></ul>                               |
| <b>Event Director (ED)</b>                     | <ul style="list-style-type: none"><li>Oversee the entire Event in liaison with the CD and TD,</li><li>Provide best practices in key technical areas of competition and operational standards and report to the IF Delegate.</li><li>Be appointed and / or act on behalf of WPPO at the Competition.</li></ul>   |
| <b>Technical Delegate (TD)</b>                 | <ul style="list-style-type: none"><li>Provide technical advice.</li><li>Monitor that the technical operations are conducted in accordance with these Rules and Regulations throughout the entire Event.</li><li>Act as the leader for the appointed Technical Officials for the Competition.</li><li>Sign the Final Results for each medal event.</li></ul> |



| Position  | Overview of Responsibility  |
|---|---|
| <b>Chief Referee (CR)</b>   | <ul style="list-style-type: none"> <li>Lead the Event and ensure all actions on the FOP comply with these Rules.</li> <li>Examine each Athlete's personal uniform and equipment to ensure it is compliant with these Rules and <b>Appendix 4</b> during the warm-up process.</li> <li>Ensure the equipment and FOP is clean, organised and safe.</li> <li>Brief the side Referee on the Athletes' Classification notes.</li> <li>Lead the Spotter Loaders.</li> <li>Say the "start" and "rack/stop" commands.</li> <li>Judge the lift according to the lift sequences from the required position and/or during the Lift Challenge.</li> <li>Raise any errors and make the final decision on the outcome.</li> <li>Manually record the results.</li> </ul>   |
| <b>VRS TO</b><br>(VRS TO <sub>1</sub> , VRS TO <sub>2</sub> and VRS TO <sub>3</sub> ) | <ul style="list-style-type: none"> <li>Judge the station according to the lift sequences from the required position and/or during the Lift Challenge.</li> <li>Examine each Athlete's personal uniform and equipment to ensure it is compliant with these Rules and <b>Appendix 4</b> during the warm-up process., together with the CR.</li> <li>Raise any errors.</li> </ul>  |
| <b>Technical Controller ("TC")</b><br>(Chief, Assistants)                             | <p><b>Chief</b></p> <ul style="list-style-type: none"> <li>Lead the assistant technical controllers.</li> <li>Ensure the equipment and warm-up area and call area are clean, organised and safe.</li> <li>Examine each Athlete's personal uniform and equipment to ensure it is compliant with these Rules and <b>Appendix 4</b> during the warm-up process.</li> <li>Manage the access of Athletes and Team Officials in the warm-up area and call area.</li> <li>Assist in calling the next Athletes to the assistant 2 technical controller for their Station attempt.</li> <li>Support the Athlete and Technical Official presentation and victory ceremonies.</li> </ul> <p><b>Assistant 1</b></p> <ul style="list-style-type: none"> <li>Support the chief technical controller.</li> </ul> <p><b>Assistant 2</b></p> <ul style="list-style-type: none"> <li>Support the chief technical controller.</li> <li>Control the Athlete and Team Official's access to the FOP for their attempt during the medal event.</li> <li>Examine each Athlete's personal uniform and equipment to ensure it is compliant with these Rules and <b>Appendix 4</b> before they enter the FOP for their attempt.</li> </ul> |

| Position          | Overview of Responsibility  |
|-------------------|---|
| "Spotter Loaders" | <ul style="list-style-type: none"> <li>• Load and unload the bar with discs according to <a href="#">Appendix 8</a>.</li> <li>• Keep the equipment and FOP clean, organised and safe.</li> <li>• Follow the path/movement of the Athletes' lift and helping only if the Chief Referee or Athlete requests so.</li> <li>• 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.</li> <li>• 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.</li> </ul> |

- 33.1.1 The detailed responsibilities and process of each Technical Official role are provided in the technical official handbook as updated by WPPO from time to time.

## 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

- 35.1.1 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](#).
- 35.1.2 Any uniform items that are not explicitly permitted may not be worn for safety purposes (e.g., earrings, hats, wristwatches, rings, etc.).
- 35.1.3 As a minimum, the Athlete must wear a shirt, shorts/pants and sport shoes.

### 35.2 Shorts/Pants

- 35.2.1 One (1) set of shorts/pants may be worn. It must comply with the following Rules:
- 35.2.1.1 Must be form fitting on the Athlete's body;
- 35.2.1.2 Must be a one (1) layer/thickness with the exception of the hem (two (2) layers permitted);
- 35.2.1.3 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

- 36.1.1 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 TD 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 thirty (30) minutes warm-up period and the Event and scoreboard will continue as it was before the suspension.

## 38 Station Programme

### 38.1 Programme

- 38.1.1 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

- 39.1.1 The station format is the specific workout requirements are determined by the TD and WPPO for the Competition. It may include:
  - 39.1.1.1 Required movements
  - 39.1.1.2 Required number of repetitions and/or repetition scheme
  - 39.1.1.3 Required equipment
  - 39.1.1.4 Required amount of weight
  - 39.1.1.5 Time limit
  - 39.1.1.6 Scoring details
  - 39.1.1.7 Adjustments (if required)
- 39.1.2 Stations may have time penalties. Failure to complete a station format within the designated time may result in a specified penalty.
- 39.1.3 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

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

| Season | Station (Scoring)  |
|--------|--|
| Summer | <ul style="list-style-type: none"><li>▪ Medicine ball slam (repetition)</li><li>▪ Medicine ball throw (time)</li><li>▪ Shoulder press (bar, dumbbell or kettlebell) (reps or weight)</li><li>▪ Pulldown (horizontal and vertical)</li><li>▪ Endurance (bench press)</li><li>▪ Row (horizontal and vertical) (distance, time, calories)</li><li>▪ Sky (vertical) (distance, time, calories, with machine)</li><li>▪ Rope climb (time, reps)</li><li>▪ Pull ups (time, reps)</li><li>▪ Battle ropes (time, reps)</li><li>▪ Hammer/rock push</li><li>▪ Dip with rings or dips with parallel bars</li><li>▪ 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)</li><li>▪ Power Snatch: the Athlete may alternate one hand first and then the other with dumbbells, kettlebell or two-handed with the bar.</li></ul> |
| Winter | <ul style="list-style-type: none"><li>▪ Snowball push</li><li>▪ Sled push</li><li>▪ Snowball target (curling)</li><li>▪ Winter shot put</li><li>▪ Press ice blocks/discs</li><li>▪ Chin-up</li><li>▪ Yeti chase</li><li>▪ Sledge race</li><li>▪ Slide jump</li><li>▪ Darts</li><li>▪ Axe/hammer chop</li><li>▪ Snowball</li><li>▪ Bowling</li></ul>  |

## 41 Judgement

### 41.1 Judgment Description

41.1.1 One (1) Referee 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.).

- 41.1.2 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

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

| Qualification Round |        |       | Finals |        |       |
|---------------------|--------|-------|--------|--------|-------|
| Rank                | Points | Delta | Rank   | Points | Delta |
| 1                   | 100    | -     | 1      | 100    | -     |
| 2                   | 90     | -10   | 2      | 80     | -20   |
| 3                   | 80     | -10   | 3      | 60     | -20   |
| 4                   | 72     | -8    | 4      | 50     | -10   |
| 5                   | 64     | -8    | 5      | 40     | -10   |
| 6                   | 56     | -8    | 6      | 35     | -5    |
| 7                   | 50     | -6    |        |        |       |
| 8                   | 44     | -6    |        |        |       |
| 9                   | 38     | -6    |        |        |       |
| 10                  | 34     | -4    |        |        |       |
| 11                  | 30     | -4    |        |        |       |
| 12                  | 26     | -4    |        |        |       |
| 13                  | 24     | -2    |        |        |       |
| 14                  | 22     | -2    |        |        |       |
| 15                  | 20     | -2    |        |        |       |
| 16                  | 18     | -2    |        |        |       |
| 17                  | 16     | -2    |        |        |       |
| 18                  | 14     | -2    |        |        |       |
| 19                  | 12     | -2    |        |        |       |
| 20                  | 10     | -2    |        |        |       |
| 21                  | 8      | -2    |        |        |       |
| 22                  | 6      | -2    |        |        |       |
| 23                  | 4      | -2    |        |        |       |
| 24 and onwards      | 3      | -1    |        |        |       |

- 42.1.2 Medals will be awarded to the Athletes, teams and mixed teams ranked first (1<sup>st</sup>) to third (3<sup>rd</sup>) in the station final, station all-around final, station team final and station mixed team final in accordance with the viability criteria.
- 42.1.3 In the case of a tie:
- 42.1.3.1 **station Final:** The Athletes will share the respective rank.
- 42.1.3.2 **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 (1<sup>st</sup>) versus fourth (4<sup>th</sup>)) will be ranked higher; if a tie still remains, the next highest ranking will be considered (second (2<sup>nd</sup>) versus fifth (5<sup>th</sup>)).
- 42.1.4 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:
- 42.1.4.1 **Individual Event:** World and Regional Rankings
- 42.1.4.2 **Team Event:** World and Regional Rankings
- 42.1.4.3 **Mixed Team Event:** World and Regional Rankings



## OFFICIAL SUPPLIER



## APPROVED SUPPLIERS



## APPROVED SUPPLIER - TIER 2





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