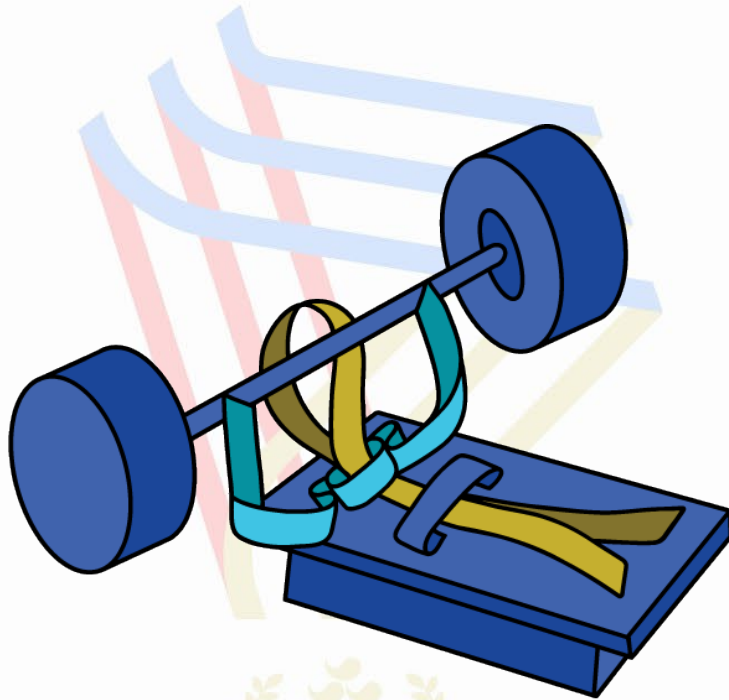


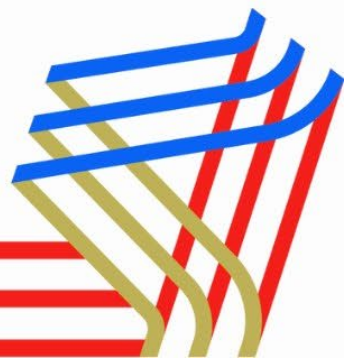
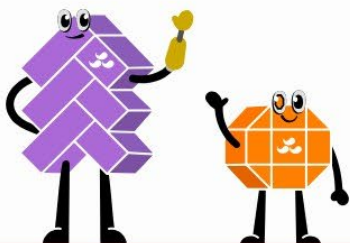
Updated on: September 22, 2025

Technical Handbook

THE 13th ASEAN PARA GAMES 2025

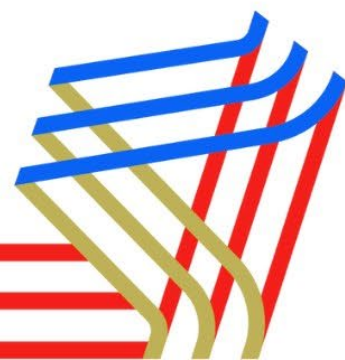
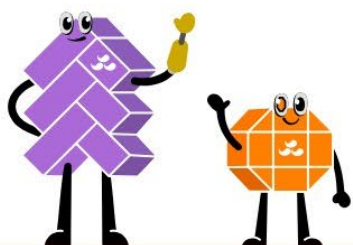


PARA POWERLIFTING



CONTENTS

1. GENERAL COMPETITION SCHEDULE	1
2. COMPETITION INFORMATION	1
3. COMPETITION MANAGEMENT.....	2
4. EVENTS	2
5. ENTRIES	3
6. CLASSIFICATION.....	4
7. MEETINGS	4
8. COMPETITION SCHEDULE.....	5
9. TRAINING SCHEDULE – TENTATIVE	5
10. COMPETITION PROCEDURES, RULES AND REGULATIONS.....	5
11. CLOTHING AND EQUIPMENT.....	6
12. DOPING CONTROL.....	6
13. VICTORY CEREMONY	6
14. SPORT INFORMATION CENTER	7
15. MAPS OF COMPETITION VENUE	8
16. APPROVAL OF TECHNICAL HANDBOOK.....	8
17. DIRECTORY	9

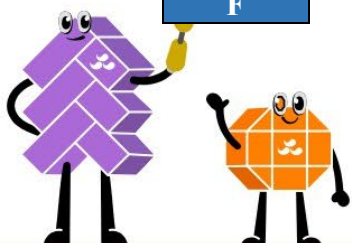


1. GENERAL COMPETITION SCHEDULE

SPORTS		Number of Days	JAN 20 - 26, 2026											
			15	16	17	18	19	20	21	22	23	24	25	26
No	OPENING CEREMONY							P						
1	PARA ARCHERY	5	A	A	C	C	C	Y	I	I	F	F	F	
2	PARA ATHLETICS	5	A	A	C	C	C	Y	F	F	F	F	F	
3	PARA BADMINTON	5	A	A	C	C	C	Y	I	I	I	F	F	
4	BOCCIA	5	A	A	C	C	C/Y		I	I	F	I	F	
5	BLIND FOOTBALL	5	A	A	C	C	C/Y	Y	I	I	I	I	F	
6	CEREBRAL PALSY FOOTBALL	6	A	A	C	C/Y	I		I	I	I	I	F	
7	CHESS	5	A	A	C	C	C/Y		F	F	F	F	F	
8	PARA CYCLING													
	- Para Track Cycling	2	A	A	C	C	C	Y	F	F				
	- Para Road Cycling	2	A	A	C	C	C				Y	F	F	
9	GOALBALL	5	A	A	C	C	C	Y	I	I	I	I	F	
10	PARA JUDO	4	A	A	C	C	C		Y	F	F	F	F	
11	PARA POWERLIFTING	5	A	A	C	C	C/Y		F	F	F	F	F	
12	SHOOTING PARA SPORT	5	A	A	C	C	C/Y		F	F	F	F	F	
13	PARA SWIMMING	5	A	A	C	C	C	Y	F	F	F	F	F	
14	TENPIN BOWLING	5	A	A	C	C	Y		F	F	F	F	F	
15	PARA TABLE TENNIS	5	A	A	C	C	C	Y	I	I	F	I	F	
16	SITTING VOLLEYBALL	5	A	A	C	C	C	Y	I	I	I	I	F	
17	WHEELCHAIR BASKETBALL	6	A	A	C	C/Y	I		I	I	I	I	F	
18	PARA FENCING	4	A	A	C	C	C	Y	F	F	F	F		
19	WHEELCHAIR TENNIS	5	A	A	C	C	C/Y		I	I	I	F	F	
CLOSING CEREMONY														P

** This schedule and information are subject to change

A	=	Team Arrival
Y	=	Team Managers Meeting
I	=	Competition Day
C	=	Classification
F	=	Final Day
F	=	Broadcasted Final Day



2. COMPETITION INFORMATION

2.1 Competition Dates

The Para Powerlifting competition will be held from 21st to 25th January 2026.

2.2 Competition Venue

The Para Powerlifting competition will be held at the Convention Hall, Center Point Hotel Korat, Nakhon Ratchasima.

2.3 Field of Play

The field of play for Para Powerlifting competition at the Convention Hall, Center Point Hotel Korat, Nakhon Ratchasima will contain one (1) stage-like area of 10x10 meters and the competition platform of 4x4 meters will be placed on top of it. The Warm-Up area and the Call Area will be behind the stage. The field of play and all equipment will be presented in accordance with World Para Powerlifting Rules and Regulations 2025 – Version 1. The WPPPO/IPC approved Para Powerlifting equipment will be used during the competition.

The training area is on the same floor of the venue (in Terminal 21 side hall No 4014, opposite to the venue) and adequate number of training equipment will be made available

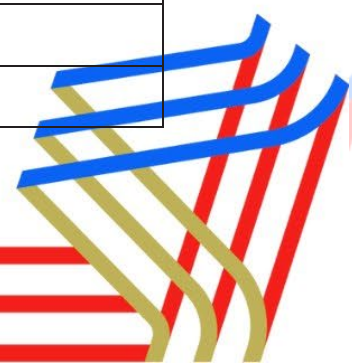
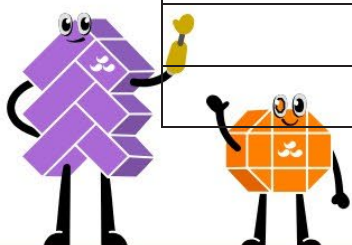
3. COMPETITION MANAGEMENT

Technical Delegate	:	Ms. Noor Syahieda Mat Shah (Shida)
Competition Manager	:	Mr. Ratchadet Songchaiyot
Venue Manager	:	Sub-Lieutenant Boonprasong Saengkaew

4. EVENTS

The competition will comprise of a total of twenty (20) events:

Men	Women
Up To 49 Kg	Up To 41 Kg
Up To 54 Kg	Up To 45 Kg
Up To 59 Kg	Up To 50 Kg
Up To 65 Kg	Up To 55 Kg



Men	Women
Up To 72 Kg	Up To 61 Kg
Up To 80 Kg	Up To 67 Kg
Up To 88 Kg	Up To 73 Kg
Up To 97 Kg	Up To 79 Kg
Up To 107 Kg	Up To 86 Kg
Up To +107 Kg	Over 86 Kg

4. Individual events

4.1 There should be a minimum of four (4) athletes of 2 nations per weight category.

4.2 Special Circumstances

However, in exceptional cases where an event is already on the final programmed and does not fulfil the viability criteria during the competition day, the following alternative steps can be taken:

The Technical Delegate (TD) reserves the right and authority to award medals as in reference to Rules 14.1 in the World Para Powerlifting Rules and Regulations 2025 – Version 1.

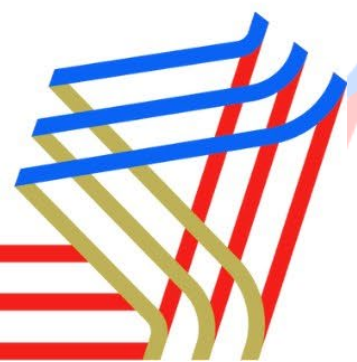
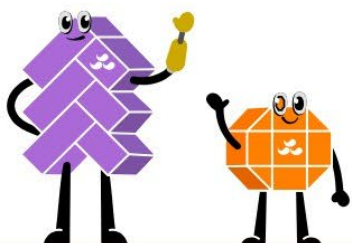
5. ENTRIES

Participating countries or territories must be official members of APSF. The participating athletes must be citizens of the same country or territories of their delegation. They must also meet the requirements as prescribed in the general provision of the Games.

Athletes must be 15 years old before 31st December 2025.

5.1 Policies

Each NPC may enter a maximum of twenty (20) athletes of 10 males and 10 female competitors spreading throughout the range of 10 Men's and 10 Women's Bodyweight Categories, there must not be more than two (2) competitors from any one country in any Bodyweight Category.



5.2 Entry Timeline

Entry by Number (EBN):

Each delegation must notify THASOC on the number of competitors who will be participating in each event. This entry must be returned to THASOC before **15th June 2025, Thailand time (GMT+7).**

Final Entry by Name (FEN):

The final entry form (Final Entry by Name) must be returned to THASOC by **15th September 2025, Thailand time (GMT+7)**

6. CLASSIFICATION

The 13th ASEAN PARA GAMES 2025 Classification Guide outlines the detailed classification policies and procedures that will apply during the Games.

Classification will be conducted by Official Chief Classifiers and Classifiers according to sports appointed by THASOC.

Venue	:	Competition venue
Date	:	17 th - 19 th January 2026
Time	:	08:30 - 18:30

7. MEETINGS

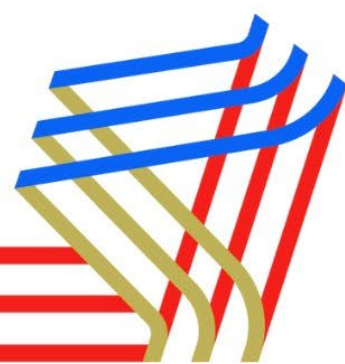
7.1 Team Managers Meeting

The team managers meeting will be held at the

Venue	:	TBC
Date	:	19 th January 2026
Time	:	10:00

A maximum of two (2) official representatives from each participating NPC member may attend.

If necessary, an attaché or an interpreter may attend, and any information documents will be distributed to the team manager before the meeting



7.2 Preliminary Inquiry & Classification

The Preliminary Inquiry for the Team Managers and Classification Schedule for the athletes will be sent to the Team Managers in due time.

8. COMPETITION SCHEDULE

The competition schedule will be published after the Final Entry by Name.

9. TRAINING SCHEDULE

The training schedule will be published after the Final Entry by Name.

10. COMPETITION PROCEDURES, RULES AND REGULATIONS

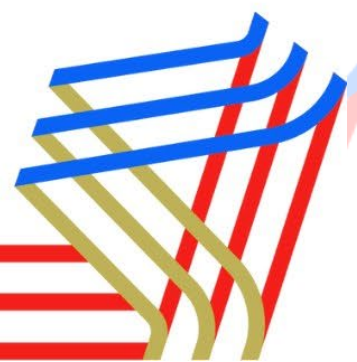
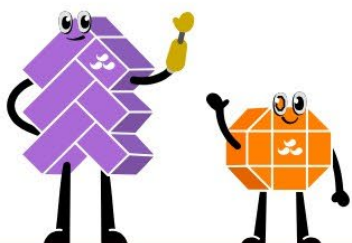
10.1 Competition Format

There are three (3) rounds in a Para Powerlifting competition. Athletes will have one (1) lift attempt in each round. Lift will be completed in sequential order, according to the weight register, from lightest to heaviest. In cases where more than one (1) athlete registers the same weight, order will be determined by the lot number. Athletes with a higher lot number will lift first, followed by the lower. Only three lifting attempts are ever permitted within the actual competition. Additional fourth (4th) attempt, also known as Power Lift may be granted for record purposes, subject to the World Para Powerlifting Rules and Regulation 2025 – Version 1.

10.2 Competition Rules

The Para Powerlifting competition will be held in accordance with the World Para Powerlifting Rules & Regulations 2025 – Version 1. In case of any disagreement in rules and regulations, it shall be resolved as follows:

- General Issues: In accordance with this handbook.
- Technical Issues: Please refer to point 11 –Technical Lift Challenge Protest and Appeal



11. CLOTHING AND EQUIPMENT

Clothing and Equipment used by athletes must comply accordingly (All competition attire especially the lifting suit must be by the production of WPPO approved Attire Supplier, Refer to the World Para Powerlifting Rules and Regulations 2025 – Version 1)

Thailand shall provide all training, Warm Up and Competition equipment in accordance with World Para Powerlifting Rules and Regulations 2025 – Version 1. WPPO/IPC approved equipment will be in place during the Games.

12. DOPING CONTROL

The doping control program implemented during the Games will be carried out in accordance with the World Anti-Doping Code 2021 and will comply with the Asian Paralympic Committee (APC) Anti-Doping Rule 2021 and its relevant international standards.

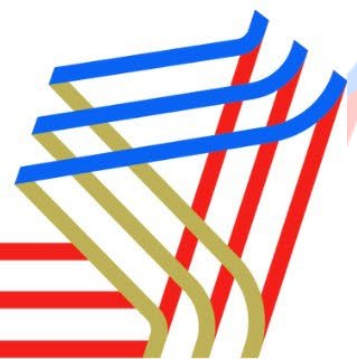
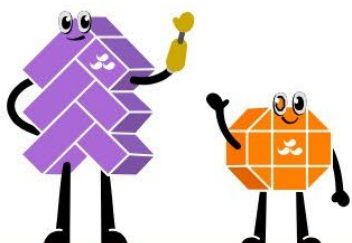
13. VICTORY CEREMONY

Victory ceremonies will be held shortly after each session of the competition. The competitors taking part in victory ceremony shall wear their official NPC attire. Medals

The following medals will be awarded:

First Place	:	Gold
Second Place	:	Silver
Third Place	:	Bronze

Each winner is entitled to 1 medal which is the Best Lift Medal. Refer to the World Para Powerlifting Rules and Regulations March 2025 – Version 1.

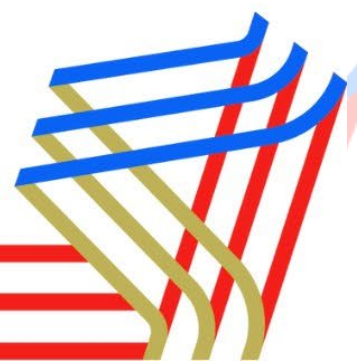
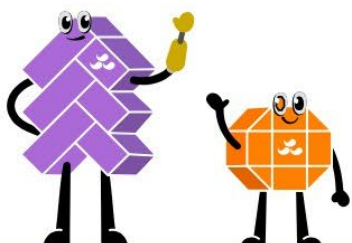


14. SPORT INFORMATION CENTER

The Sport Information Center (SIC) in the Games Venue and Games Hotel will provide sport information to NPCs throughout the Games. The SIC is open to proxy card holders which is limited to Chefs de Mission, Deputy Chefs de Mission and team officials (Ac, Am, Ao and As). NPCs should note that it is not open to athletes.

The SIC will contain sport-specific for every sport and discipline and the variety of services provided to NPCs are as follows:

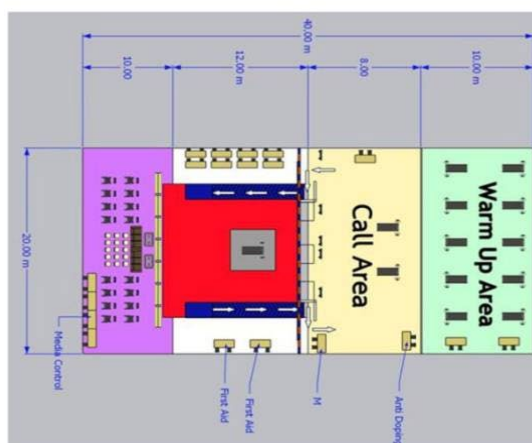
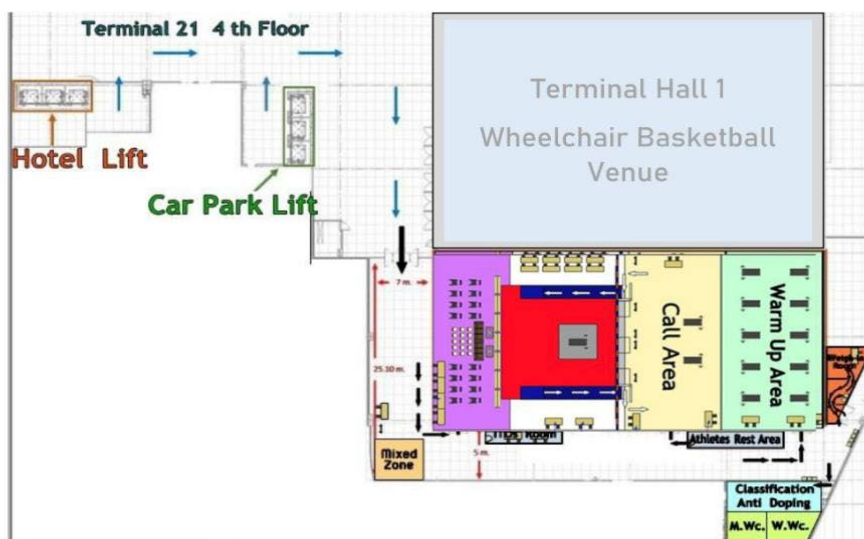
- The dissemination of general sport information, sport publications, and discussions with sport-specific staff.
- The distribution of results, draw/start lists and other key competition.



15. MAPS OF COMPETITION VENUE

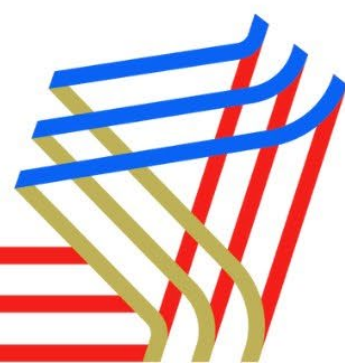
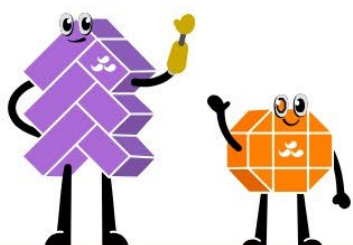
Weightlifting Competition Venue Plan

ASEAN Para Games 20 -26 January 2026 at Center Point Hotel Nakhon Ratchasima



16. APPROVAL OF TECHNICAL HANDBOOK

This handbook was approved by APSF. This is not the final edition. The modification will be updated on the official THASOC website.



17. DIRECTORY

ASEAN Para Sports Federation (APSF)

President : Major General Osoth Bhavilai
 Secretary General : Senior Colonel Dr Wandee Tosuwan
 Address : 154, National Stadium Rama 1 Road, Wang Mai,
 Pathumwan, Bangkok 10330 THAILAND
 Telephone : +66 02 216 7728
 Fax : +66 02 216 7728
 Email : apsf.aseanhq@gmail.com
 Website : www.aseanparasportsfed.org/

APSF Sports & Technical Director

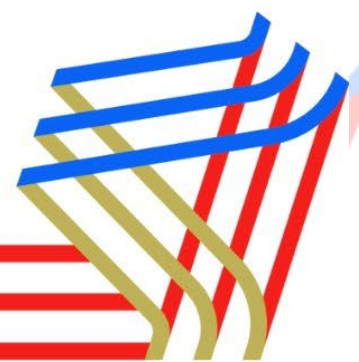
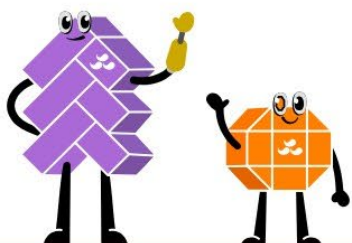
Name : Ms. Stefanie Ang
 Telephone : +65 9387 5587
 Email : apsfstef@gmail.com

Thailand Sports Organizing Committee (THASOC)

President : Mr. Sorawong Thienthong
 Secretary General : Dr. Gongsak Yodmani
 Address : 286 Ramkhamhaeng Road, Huamark, Bangkok,
 Bangkok 10240 THAILAND
 Telephone : TBC
 Fax : TBC
 Email : thaisoc.asp2025@gmail.com
 Website : www.aseanparagames2025.com

Sports & Technical Committee Chairman

Name : Mr. Preecha Laloon
 Email : sport.thasoc@gmail.com



Sports & Technical Director

Name : Assistant Professor Dr. Ann Mahakeeta
Telephone : +66 86 902 0802
Email : ann.sportsdirector@gmail.com

Classification Coordinator

Name : Lieutenant Colonel Korakot Charakorn
Telephone : +66 81 825 6756
Email : cadusamus@hotmail.com

Technical Delegate

Name : Ms. Noor Syahieda Mat Shah (Shida)
Telephone : +60 196 492 576
Email : noorsyahieda.ms@gmail.com

Competition Manager

Name : Mr. Ratchadet Songchaiyot
Telephone : +66 93 195 9151
Email : thaparapowerlifting.tha@gmail.com

Venue Manager

Name : Sub-Lieutenant Boonprasong Saengkaew
Telephone : +66 86 821 3772
Email : bpspyn@gmail.com

