

International
Paralympic Committee

Powerlifting Classification Rules & Regulations

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IPC Powerlifting Classification Rules and Regulations

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International Paralympic Committee

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Purpose and Organisation of these Rules

Purpose

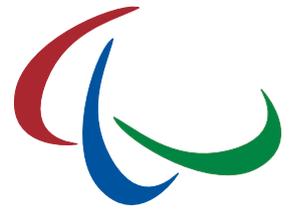
These Classification Rules (referred to generally as “the Rules”) provide a framework within which the process of “Classification” may take place. The term “Classification” refers to the process by which Athletes are assessed by reference to the impact of Impairment on their ability to compete in sport. The purpose of Classification is to minimise the impact of eligible Impairment types on the outcome of Competition, so that Athletes who succeed in Competition are those with best anthropometry, physiology and psychology and who have enhanced them to best effect.

Organisation

Articles	
Article One	Article One explains that these Rules apply to persons who compete or are otherwise involved in the sport of IPC Powerlifting, and how the Rules should be interpreted.
Article Two	Article Two explains that qualified personnel referred to in these Rules as “Classifiers”, with other key “Classification Personnel” being involved, conduct Classification.
Article Three	Article Three explains how Classifiers will conduct classification as part of a Classification Panel.
Article Four	Article Four explains that the process of Classification is carried out by way of Athlete Evaluation in these Rules, and details the specific processes and protocols to be followed during Athlete Evaluation. This is explained in Article Four of these Rules.
Article Five	Article Five explains that Classification is undertaken so that Athletes can be designated a Sport Class (which groups Athletes together in Competition) and allocated a Sport Class Status (which indicates when Athletes should be evaluated and how their Sport Class may be challenged). It also details that the



	allocation of a Sport Class to an Athlete is determined by a physical and technical assessment of the Athlete and that the means by which physical and technical assessment are to be conducted are determined by the Sport Profile for a particular Sport Class.
Article Six	Article Six explains that one outcome of Athlete Evaluation may be that an Athlete is found not to be eligible to compete in the sport of IPC Powerlifting, and the implications that arise if this is the case.
Article Seven	Article Seven explains that an Athlete or other party may dispute the allocation of a Sport Class, and the process by which these disputes should be resolved.
Article Eight	Article Eight explains that the procedure by which a Sport Class is allocated is subject to a limited form of challenge, and how these challenges should be made.
Article Nine	Article Nine explains that if an Athlete or other party attempts to subvert the Athlete Evaluation process, there will be consequences.
Glossary	The Glossary to these Rules contains a list of the defined terms used in these Rules.
Appendices	
Appendix One	Appendix One details the Physical Impairment that an Athlete must have in order to be eligible to compete in the Sport of IPC Powerlifting, and the Minimal Disability Criteria that apply to such Physical Impairment. Appendix One also details the Sport Classes that are available to Athletes with Physical Impairment, the basis upon which these Sport Classes are distinguished from each other, and in particular the Activity Limitations that are relevant to each Sport Class.



1 Article One - Scope and Application

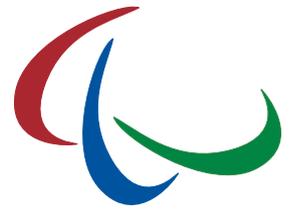
- 1.1 These Rules are an integral part of the IPC Powerlifting Rules and Regulations and are intended to implement the provisions of the IPC Classification Code for the sport of IPC Powerlifting. These Rules shall apply in the manner set out in this Article One.
- 1.2 These Rules shall apply to -
 - 1.2.1 All Athletes and Athlete Support Personnel who are members of IPC Powerlifting and/or of member or affiliate organisations or licensees of IPC Powerlifting, (including any clubs, teams, associations or leagues);
 - 1.2.2 All Athletes and Athlete Support Personnel participating in such capacity in Events, Competitions and other activities organised, convened, authorised or recognised by IPC Powerlifting or any of its member or affiliate organisations or licensees;
 - 1.2.3 All Classification Personnel.
- 1.3 It is the personal responsibility of Athletes, Athlete Support Personnel and Classification Personnel to acquaint themselves with all of the requirements of these Rules.

Interpretation, Commencement and Amendment

- 1.4 The Appendices to these Rules shall be considered an integral part of these Rules.
- 1.5 Save where otherwise indicated:
 - 1.5.1 References to Articles and Appendices are references to articles of and appendices to these Rules; and
 - 1.5.2 Defined terms used in these Rules (i.e., those words or phrases starting with capitals) shall have the meaning given to them in the Glossary to these Rules.



- 1.6 The headings used in these Rules are for convenience only and shall not be deemed part of the substance of these Rules or to affect in any way the language of the provisions to which they refer.
- 1.7 These Rules shall be interpreted and applied at all times in a manner that is consistent with the IPC Classification Code.
- 1.8 These Rules shall come into full force and effect on the Effective Date as specified by IPC Powerlifting.
- 1.9 Amendments to these Rules may be made at any time as considered necessary by IPC Powerlifting. Changes, except otherwise mentioned, will be effective immediately upon release of the revised versions with proper notice of change. . IPC Powerlifting may at any time amend, update or otherwise alter the text, meaning and effect of the Appendices independently of these Rules.



2 Article Two – Classification Personnel

- 2.1 Classification Personnel are fundamental to the effective implementation of these Rules. This Article Two explains how IPC Powerlifting Classification Personnel assist in the delivery of classification under these Rules.
- 2.2 IPC Powerlifting should appoint the following Classification Personnel, each of whom will have a key role in the administration, organisation and execution of classification for IPC Powerlifting:

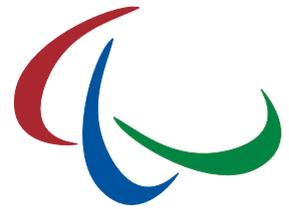
Classification Personnel

2.3 Head of Classification

- 2.3.1 The Head of Classification for IPC Powerlifting will be appointed by IPC Sport to be responsible for the direction, administration, coordination and implementation of all classification matters for IPC Powerlifting.
- 2.3.2 The Head of Classification shall be an individual person. In the absence of such a person, IPC Powerlifting may delegate the role of Head of Classification to a nominated person or group of persons, such persons being identified publicly as such by IPC Powerlifting.
- 2.3.3 The Head of Classification in conjunction with IPC Powerlifting Management is responsible for appointing Classification Panel(s) that will conduct International Classification at Recognised Competitions.

2.4 Classifiers

- 2.4.1 A Classifier is a person authorised and certified by IPC Powerlifting as being competent to conduct Athlete Evaluation. IPC Powerlifting will specify from time to time the means by which it shall certify Classifiers as being authorised to act as Classifiers in IPC Powerlifting.
- 2.4.2 IPC Powerlifting Classifiers are required, as appropriate, to assist in the research, development and clarification of the Classification Rules and Sport Profiles for IPC Powerlifting; participate in Classifier workshops arranged by IPC Powerlifting and/or the IPC from time to time; and attend such Classifier training as requested from time to time by the IPC Powerlifting.
- 2.4.3 The Head of Classification may act as a Classifier.



2.5 Chief Classifiers

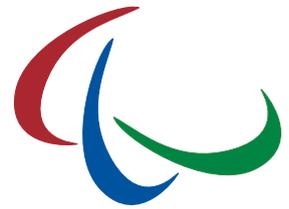
- 2.5.1 A Chief Classifier is a Classifier who is appointed by IPC Powerlifting to act as the senior Classifier present at a specific IPC Powerlifting Competition.
- 2.5.2 A Chief Classifier will be responsible for the direction, administration, co-ordination and implementation of classification matters at a Competition. In particular, a Chief Classifier may be required by IPC Powerlifting and/or the Head of Classification to do the following:
 - 2.5.2.1 Identify those Athletes who will be competing at that Competition who will require Athlete Evaluation;
 - 2.5.2.2 Liaise with the relevant Competition organiser to ensure that all travel, accommodation and other logistics are arranged in order that Classifiers may carry out their duties at the Competition;
 - 2.5.2.3 Supervise Classifiers to ensure that the Rules are applied appropriately during a specific Competition;
 - 2.5.2.4 Manage the Protest process as required by Article Eight of these Rules.

2.6 Trainee Classifiers

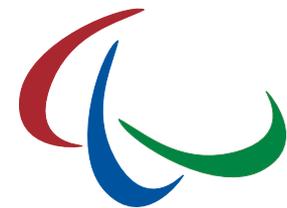
- 2.6.1 IPC Powerlifting may appoint Trainee Classifiers in order that they may be certified as a Classifier.
- 2.6.2 A Trainee Classifier may actively participate in or observe Athlete Evaluation in order to develop the necessary competencies and proficiencies so as to be certified by IPC Powerlifting as a Classifier and will be required to perform any other duties that IPC Powerlifting requires.

Classifier Competencies, Qualifications and Responsibilities

- 2.7 A Classifier must have certain abilities and qualifications in order to be certified as a Classifier by IPC Powerlifting. These will depend on whether or not the Classifier is required by IPC Powerlifting to conduct Physical Assessment or Technical Assessment of an Athlete as part of Athlete Evaluation (as these terms are defined in these Rules).
- 2.8 A Classifier may conduct Physical Assessment if IPC Sport has certified him or her to do so. IPC Powerlifting will certify such a Classifier if he or she possesses the qualifications that IPC Powerlifting in its sole discretion deems to be acceptable.



- 2.9 A Classifier may conduct Technical Assessment if IPC Sport has certified him or her to do so. IPC Powerlifting will certify such a Classifier if he or she has an extensive coaching background in the sport of IPC Powerlifting or has, in the opinion of IPC Sport, a recognised and reputable academic qualification which encompasses the requisite level of anatomical, biomechanical and sport-specific expertise to contribute to the assessment of how various types of Impairment impact on the technical execution of the disciplines in IPC Powerlifting.
- 2.10 A Classifier who is qualified to conduct Physical Assessment may conduct Technical Assessment of an Athlete as part of a Classification Panel, if the Chief Classifier is satisfied that the relevant Classifier is suitably qualified and experienced so as to conduct a Technical Assessment. This Article will apply if the Classifier acts as part of a Classification Panel that is comprised of more than one Classifier, or a Classification Panel consisting of that Classifier only (see Article 3.2). This Article will apply regardless of whether the relevant Classifier has been certified by IPC Powerlifting to conduct Technical Assessment.
- 2.11 All Classification Personnel must comply with the standards of behaviour mandated from time to time in the IPC Code of Ethics and the IPC Classifier Code of Conduct. If any Classification Personnel is found to have breached the terms of either the IPC Code of Ethics or the IPC Classifier Code of Conduct IPC Powerlifting will have sole discretion to withdraw any applicable certification or authorisation. IPC Powerlifting may also make such recommendations as it sees fit to IPC and any other relevant bodies as regards any certification held by the relevant Classification Personnel to act as Classification Personnel in respect of other sports.



3 Article Three - Classification Panels

- 3.1 Classifiers will undertake Athlete Evaluation as part of a Classification Panel. This Article explains how Classification Panels should be constituted and managed by IPC Powerlifting.
- 3.2 A Classification Panel is a body that is empowered by these Rules to conduct Athlete Evaluation. A Classification Panel should be comprised of a minimum of two (2) Classifiers. If the circumstances so require, the Head of Classification may designate that a Classification Panel may consist of one suitably accredited and qualified Classifier, who has been certified by IPC Powerlifting to conduct Physical Assessment.
- 3.3 IPC Powerlifting will whenever possible ensure that a sufficient number of Classifiers are present at a Competition so that at least two Classification Panels are able to conduct Athlete Evaluation.
- 3.4 Classification Personnel should have no significant relationship with any Athlete or any Athlete Support Personnel present at a Competition or otherwise that might create any actual or perceived bias or Conflict of Interest. Classification Personnel must disclose any actual or perceived bias or Conflict of Interest that may be relevant to their appointment as a member of any Classification Panel.
- 3.5 IPC Powerlifting will wherever possible ensure that Classifiers who act as members of a Classification Panel at a Competition will not have any official responsibilities other than in connection with Athlete Evaluation for that Competition that may give rise to a Conflict of Interest.
- 3.6 A Classification Panel may seek third party expertise of any nature if it considers in its sole discretion that this would assist it in completing the process of Athlete Evaluation.



4 Article Four - Athlete Evaluation

4.1 Athlete Evaluation is the process by which an Athlete is assessed by a Classification Panel in order that the Athlete may be allocated a Sport Class and a Sport Class Status.

Athlete Evaluation Process

4.2 The Athlete Evaluation process shall encompass the following:

4.2.1 **Physical Assessment:** The Classification Panel will conduct a Physical Assessment of the Athlete in accordance with the Sport Profiles for the Sport Classes within IPC Powerlifting, so as to establish that the Athlete has an Eligible Impairment.

4.2.2 **Technical Assessment:** The Classification Panel may conduct a Technical Assessment of the Athlete which may include, but is not limited to, an assessment of the Athlete's ability to perform, in a non-competitive environment, the specific tasks and activities that are part of the sport in which the Athlete participates.

4.3 The means by which Physical and Technical Assessment are to be conducted are specified in the Appendices to these Rules.

Athlete Evaluation Requirements

4.4 The following requirements apply to Athlete Evaluation:

4.4.1 The Athlete and his or her National Body are jointly responsible for ensuring that the Athlete attends Athlete Evaluation.

4.4.2 Athlete Evaluation and its associated processes will be conducted in English. If the Athlete and/or the Athlete Support Personnel require an interpreter, the National Body will be responsible for arranging the attendance of an interpreter.

4.4.3 One person (in addition to any required interpreter) may accompany an Athlete during Athlete Evaluation, who should be familiar with the Athlete's Impairment and sporting history. This person must be a member of the Athlete's National Body or must be otherwise authorised in advance by the Chief Classifier to attend the Athlete's Athlete Evaluation.

4.4.4 If the Athlete is a minor, or has an Intellectual Impairment, a parent or guardian should accompany him or her, or a person authorised by a parent or guardian to attend on their behalf. The Classification Panel may request evidence of any such authorisation before it proceeds with Athlete Evaluation.



- 4.4.5 The Athlete must accept the terms of the IPC Powerlifting Evaluation Consent Form prior to participating in Athlete Evaluation. The Athlete must provide identification, such as a passport, ID Card, IPC Powerlifting Licence Card or Accreditation that verifies to the satisfaction of the Classification Panel the Athlete's identity.
- 4.4.6 The Athlete must attend Athlete Evaluation with all necessary sports equipment and in such attire as specified in advance by either the Chief Classifier or IPC Powerlifting.
- 4.4.7 The Athlete must attend Athlete Evaluation with all relevant medical documentation (in English or with a certified English translation), including but not limited to medical reports, medical records, diagnostic information and academic materials, which relate to the Athlete's Impairment.
- 4.4.8 The Athlete must disclose either prior to, or at, Athlete Evaluation details of any medication routinely used by the Athlete.
- 4.4.9 The Classification Panel may use video footage and/or any other records (including pre-existing video footage and/or records) to assist it in carrying out Athlete Evaluation. In addition, the Classification Panel may video-record any part of Athlete Evaluation if it considers that such recording is necessary to enable it to complete Athlete Evaluation. Any such recording will be used for the purposes of Athlete Evaluation only but may be used for research and education purposes with the Athlete's prior consent.
- 4.4.10 At the conclusion of Athlete Evaluation the outcome of the Classification Panel's decision will be published.



Failure to Attend Athlete Evaluation

- 4.5 If an Athlete is required to attend Athlete Evaluation, but fails to do so, the Classification Panel will report the fact of the non-attendance to the Chief Classifier. The Chief Classifier may, if satisfied that a reasonable explanation exists for the failure to attend Athlete Evaluation, specify a revised time and date for Athlete Evaluation at the relevant Competition.
- 4.6 If the Athlete fails to attend Athlete Evaluation on this second occasion, the Athlete will not be permitted to compete at the relevant Competition.

Suspension of Athlete Evaluation

- 4.7 A Classification Panel may suspend Athlete Evaluation in one or more of the following circumstances:
 - 4.7.1 If the Athlete fails to meet any of the requirements detailed in these Rules for attendance at Athlete Evaluation (see Articles 4.4 and 4.5);
 - 4.7.2 If the Classification Panel considers that the use (or non-use) of any medication disclosed by the Athlete will affect its ability to conduct Athlete Evaluation in a fair manner;
 - 4.7.3 If an Athlete fails to produce sufficient medical documentation such that the Classification Panel considers that the absence of such medical documentation will affect its ability to conduct Athlete Evaluation in a fair manner;
 - 4.7.4 If an Athlete has a health condition (of any nature or description) that limits or prohibits the Athlete from complying with requests made by the Classification Panel during the course of Athlete Evaluation, or presents his or her abilities and/or Activity Limitation in an inconsistent manner, which the Classification Panel considers will affect its ability to conduct Athlete Evaluation in a fair manner;
 - 4.7.5 If an Athlete is non-cooperative during Athlete Evaluation and the Classification Panel considers that this will affect its ability to conduct Athlete Evaluation in a fair manner (see IPC Classification Code, Article 10);
- 4.8 If a Classification Panel suspends an Athlete Evaluation the following steps will be taken:
 - 4.8.1 The Classification Panel will explain the reason for the suspension to the Athlete and the Athlete's National Body and detail the remedial action that is required on the part of the Athlete.



- 4.8.2 The Classification Panel will report the fact of the suspension to the Chief Classifier. The Chief Classifier will specify a time and date for resumption of the Athlete Evaluation on the condition that the Athlete takes the remedial action specified by the Classification Panel.
- 4.9 If the Athlete attends Athlete Evaluation having taken the remedial action to the Classification Panel's satisfaction, the Classification Panel will complete the Athlete Evaluation and allocate a Sport Class and Sport Class Status.
- 4.10 If the Athlete fails to take the remedial action required to the Classification Panel's satisfaction, the Classification Panel will terminate the Athlete Evaluation and the Athlete will not be permitted to compete at the relevant Competition. In such circumstances, IPC Powerlifting will designate the Athlete as being "Classification Not Completed" (CNC) within the Classification Master List for IPC Powerlifting. This designation will preclude the Athlete from competing at any Competition until Athlete Evaluation is completed. IPC Powerlifting will stipulate from time to time how this designation impacts on performance recognition. Further investigations pursuant to Article 10 or the IPC Classification Code may be initiated by IPC Powerlifting.



5 Article Five - Sport Class and Sport Class Status

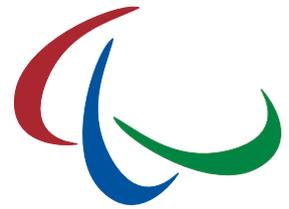
- 5.1 A Sport Class is a sporting competition category that is allocated to an Athlete following Athlete Evaluation. It is allocated based on the existence of an Eligible Impairment and compliance with the Minimum Disability Criteria, and the degree to which Impairment impacts upon sport performance.

Sport Class

- 5.2 A Sport Class will be allocated to an Athlete by a Classification Panel following Athlete Evaluation. A Sport Class cannot be allocated to an Athlete in any other circumstances.
- 5.3 The decision of the Classification Panel to allocate a Sport Class is final and subject to challenge only as prescribed in Article Eight and Article Nine of these Rules.
- 5.4 A Sport Class will be allocated to an Athlete if that Athlete has Eligible Impairment and that Eligible Impairment complies with the Minimum Disability Criteria set by IPC Powerlifting. The requirements regarding Eligible Impairment and Minimum Disability Criteria are detailed in the Appendices to these Rules.
- 5.5 The Sport Class allocated to the Athlete will be in accordance with the Sport Class designations as explained in the Appendices to these Rules.
- 5.6 If an Athlete does not have Eligible Impairment or an Eligible Impairment that complies with the Minimal Disability Criteria, he or she will not be eligible to compete within the sport of IPC Powerlifting. If an Athlete is not eligible to compete he or she will be allocated with Sport Class “Not Eligible”. The provisions of Article Seven of these Rules will apply in such instances.

Sport Class Status

- 5.7 A Sport Class Status will be designated by the Classification Panel following the allocation of a Sport Class.
- 5.8 An Athlete’s Sport Class Status indicates whether or not an Athlete will be required to undertake Athlete Evaluation again in the future, and whether (and by what party) the Athlete’s Sport Class may be subject to challenge by way of Protest as prescribed in Article Eight of these Rules.
- 5.8. The Sport Class Status designated to an Athlete will be one of the following:



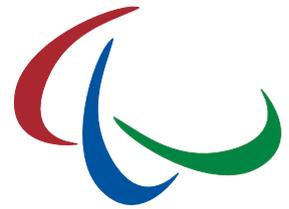
- Sport Class New (N)
- Sport Class Review (R)
- Sport Class Confirmed (C)

5.9 Athletes with Sport Class Status New (N)

- 5.9.1 An Athlete will be designated with Sport Class Status New (N) if a National Body has allocated an Entry Sport Class to him or her.
- 5.9.2 An Athlete who has been designated with Sport Class Status New (N) must complete Athlete Evaluation prior to competing at any Competition or Recognised Competition unless the provisions in these Rules regarding Competition Evaluation Exceptions apply.

5.10 Athletes with Sport Class Status Review (R)

- 5.10.1 An Athlete will be designated with Sport Class Status Review (R) if he or she has completed Athlete Evaluation and been allocated a Sport Class, but the Classification Panel believes that further Athlete Evaluation will be required before the Athlete can be designated as Sport Class Confirmed (C). This may be, for example, because the Athlete has a fluctuating and/or progressive Impairment(s), or, given his or her age, has Impairment(s) that may not have stabilised.
- 5.10.2 Any Athlete who has been allocated Sport Class Not Eligible (NE) will be designated with Sport Class Review (R) if that Athlete is entitled to a further Athlete Evaluation under these Rules (see Article Seven).
- 5.10.3 An Athlete who has been designated with Sport Class Status Review (R) must complete Athlete Evaluation prior to competing at a Recognised Competition where Classification is offered, save where the provisions in these Rules relating to Competition Evaluation Exceptions and the Fixed Review Date apply.
- 5.10.4 The Sport Class of any Athlete with Sport Class Status Review (R) may be subject to Protest as prescribed in Article Eight of these Rules.



5.11 Athletes with Sport Class Status Confirmed (C)

- 5.11.1 An Athlete will be designated with Sport Class Confirmed (C) if he has completed Athlete Evaluation as part of International Classification and been allocated a Sport Class, and the Classification Panel is satisfied that the Athlete's Impairment and/or Activity Limitations are sufficiently stable that such that the Athlete can be allocated Sport Class Confirmed.
- 5.11.2 Any Athlete who has been allocated Sport Class Not Eligible (NE) will be designated with Sport Class Confirmed (C) if that Athlete is not entitled to a further Athlete Evaluation under these Rules (see Article Seven).
- 5.11.3 An Athlete who has been designated with Sport Class Status Confirmed (C) is not required to undergo Athlete Evaluation prior to competing at any Competition.
- 5.11.4 The Sport Class of any Athlete with Sport Class Status Confirmed (C) may be subject to Protest pursuant to the provisions in Article Eight of these Rules relating to Protests in Exceptional Circumstances.

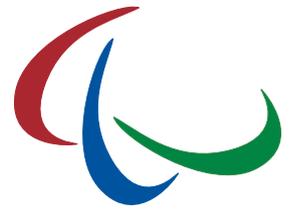
5.12 If IPC Powerlifting changes the Sport Class criteria defined in the Appendices to these Rules, then –

- 5.12.1 IPC Powerlifting may designate any Athlete with Sport Class Confirmed with Sport Class Status Review in order for the Athlete to undergo Athlete Evaluation; or
- 5.12.2 IPC Powerlifting may require that any Athlete with Sport Class Review who has been nominated with a Fixed Review Date should undergo Athlete Evaluation at the earliest available opportunity.
- 5.12.3 In both instances the relevant National Body shall be informed as soon as is practicable.

5.13 If the Head of Classification has reason to believe that an Athlete has been designated with a Sport Class Status in error and/or breach of these Rules, he shall immediately amend the Athlete's Sport Class Status, and advise the Athlete and the relevant National Bodies accordingly. The Classification Master List will then be amended.

Recognised Competitions and International Classification

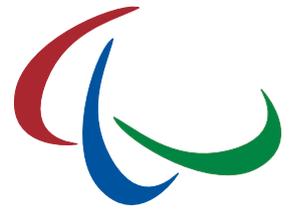
- 5.14 The term "International Classification" as used in these Rules refers to Athlete Evaluation that results in an Athlete being allocated a Sport Class that permits that Athlete to compete in a Recognised Competition.



- 5.15 An Athlete may only compete at a Recognised Competition if he or she is allocated a Sport Class by way of International Classification.
- 5.16 IPC Powerlifting will provide Athletes with an opportunity to undertake International Classification by:
 - 5.16.1 Stipulating that International Classification will take place at specific Recognised Competitions;
 - 5.16.2 Providing reasonable notice of such International Classification opportunities to Athletes and National Bodies; and
 - 5.16.3 Appointing Classifiers certified pursuant to Article Two of these Rules who will conduct Athlete Evaluation at such Recognised Competitions.
- 5.17 An Athlete will only be permitted to undergo International Classification if he or she:
 - 5.17.1 Is registered with IPC Powerlifting according to the relevant provisions in the IPC Powerlifting Rules and Regulations, and
 - 5.17.2 Has been entered in the Recognised Competition where International Classification is to take place.
 - 5.17.3 If an Athlete wishes to compete in a Recognised Competition, but has not completed International Classification he or she may be permitted to compete in the circumstances described in the provisions in these Rules regarding Competition Evaluation Exceptions.

Competition Evaluation Exceptions

- 5.18 If at any Competition it is not possible for the Classification Panels to conduct or complete Athlete Evaluation in respect of all Athletes who are otherwise required to undergo Athlete Evaluation, an Athlete may be granted permission to compete.
- 5.19 IPC Powerlifting may grant this permission for the relevant Competition if the Chief Classifier and/or the Head of Classification is satisfied that the granting of such permission will not result in unfairness to Athletes. If the Chief Classifier is satisfied then:
 - 5.19.1 Permission may be granted to an Athlete with Sport Class Status New (N) to compete in his Entry Sport Class or such other Sport Class as the Chief Classifier considers to be fair;
 - 5.19.2 Permission may be granted to an Athlete with Sport Class Status Review (R) to compete in the Sport Class that the Athlete was most recently allocated.



5.20 This permission shall apply to the relevant Competition only.

Fixed Review Date

5.21 A Classification Panel that allocates an Athlete a Sport Class following Athlete Evaluation and designates that Athlete with Sport Class Status Review may also, if it considers it appropriate to do so, nominate a “Fixed Review Date”.

5.22 Before the Fixed Review Date, the Athlete:

5.22.1 Shall not be required to attend Athlete Evaluation at any Competition;

5.22.2 Shall retain the Sport Class assigned to that Athlete and be permitted to compete accordingly in any Competition.

5.23 The Athlete may, at his own request, attend Athlete Evaluation during the Fixed Review Period pursuant to the Medical Review process described in these Rules.

5.24 The Fixed Review Date will be the first day of the subsequent full Competition Season for IPC Powerlifting or an alternative date set by the Classification Panel.

Medical Review: Application to undergo Athlete Evaluation

5.25 An Athlete who believes that his or her Impairment and Activity Limitations are no longer consistent with the Sport Profile for his or her Sport Class may have his or her Sport Class reviewed. The means by which this can take place is referred to in these Rules as “the Medical Review Process” and the means by which a request for such review is referred to as “a Medical Review Request”

5.26 A National Body must make a Medical Review Request. A Medical Review Request cannot be made by an Athlete.

5.27 A Medical Review Request may be made if an Athlete has been allocated:

5.27.1 A Sport Class with Sport Class Status Confirmed (C), or

5.27.2 A Sport Class with Sport Class Status Review (R), if the Athlete has been allocated a Fixed Review Date

5.28 A Medical Review Request must be made in the manner mandated from time to time by IPC Powerlifting. The following provisions will apply to all Medical Review Requests made under these Rules:

5.28.1 It must be made in the manner prescribed by IPC Powerlifting;

5.28.2 It must explain why the Athlete believes that his or her Sport Class should be reviewed by IPC Powerlifting and provide evidence to support the claim;



- 5.28.3 It must be completed by an appropriately qualified medical professional and include all relevant supporting documentation in English or with a certified English translation;
 - 5.28.4 It must include consent on the part of the Athlete for certain third parties to review the Athlete's supporting documentation in order that the Medical Review Request can be assessed;
 - 5.28.5 A non-refundable fee must be paid.
- 5.29 The following provisions will apply to the Medical Review Process:
- 5.29.1 Each Medical Review Request will be assessed by IPC Powerlifting to ensure that requisite information, documentation and fee has been provided, and once the Medical Review Request is complete, the
 - 5.29.2 IPC Powerlifting will, in conjunction with the Head of Classification and/or such third parties as it considers appropriate, review whether or not the Medical Review Request should be upheld.
- 5.30 If the Medical Review Request is upheld the Athlete's Sport Class Status will be amended from Confirmed to Review; or the Athlete's Fixed Review Date will be set aside; and the Athlete will be permitted to undertake Athlete Evaluation at the next available opportunity.



6 Article Six - Rules Regarding Athletes who are Not Eligible

- 6.1 An Athlete must have an Eligible Impairment, and that Eligible Impairment must comply with the Minimal Disability Criteria set by IPC Powerlifting in order to be eligible to compete. If a Classification Panel determines that an Athlete does not have such Eligible Impairment, and/or that Eligible Impairment does not comply with the Minimal Disability Criteria, that Athlete will not be eligible to compete.
- 6.2 If a Classification Panel determines that an Athlete is not eligible to compete the Athlete will be allocated Sport Class Not Eligible (NE).
- 6.3 If a Classification Panel allocates an Athlete Sport Class Not Eligible (NE) the Athlete will be entitled to undergo a second Athlete Evaluation by a second separate Classification Panel either at that Competition or as soon as practicable thereafter.
- 6.4 If there is no opportunity for a separate Athlete Evaluation to be undertaken at that Competition IPC Powerlifting will take all reasonable steps to ensure the second Athlete Evaluation is undertaken at the earliest opportunity. The Athlete will be allocated Sport Class Not Eligible (NE) and designated with Sport Class Status Review (R). The Athlete will not be permitted to compete at that Competition.
- 6.5 If a second Classification Panel confirms that the Athlete is not eligible the Athlete will not be permitted to compete at that Competition or any future Competitions. The Athlete will be allocated Sport Class Not Eligible (NE) with Sport Class Status Confirmed.
- 6.6 A National Body may request that an Athlete with Sport Class Not Eligible (NE) with Sport Class Status Confirmed (C) undertake Athlete Evaluation, but only by way of a Medical Review Request as defined in these Rules.
- 6.7 If an Athlete is allocated Sport Class Status NE the Athlete will be not eligible to compete within the Sport of IPC Powerlifting only.
- 6.8 It is expressly understood by IPC Powerlifting that any determination that an Athlete is Not Eligible is a sports participation determination only and has no bearing on any other matters arising from the Athlete's Impairment or Impairments.

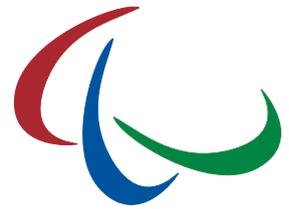


7 Article Seven - Protests

- 7.1 The term “Protest” is used in these Rules refers to the procedure by which a formal objection to the allocation of a Sport Class following Athlete Evaluation is made and subsequently resolved.
- 7.2 Any National Body may make a Protest in respect of a decision made by a Classification Panel regarding the allocation of a Sport Class to an Athlete.
- 7.3 The decision that is the subject of the Protest is referred to in this part of the Rules as “the Protested Decision”, and the Athlete in respect of whose Sport Class the Protest is made is referred to as “the Protested Athlete”.
- 7.4 The National Body may make a Protest in respect of a Protested Decision concerning any Athlete who entered the relevant Competition with either Sport Class New Status (N) or Sport Class Review (R) Status. Such a Protest may be made regardless of the Sport Class Status that is allocated to the Athlete following completion of Athlete Evaluation.
- 7.5 No National Body may make a Protest in respect of any Athlete who entered the relevant Competition with Sport Class Confirmed Status (C).
- 7.6 The Chief Classifier for the relevant Competition may make a Protest in respect of any Athlete who enters the Competition with Sport Class Confirmed Status (C) pursuant to the provisions contained in these Rules regarding Protests in Exceptional Circumstances.
- 7.7 An Athlete's Sport Class may only be protested once in any individual Competition, unless an additional Protest is made pursuant to the provisions concerning Protests made in Exceptional Circumstances.
- 7.8 The National Body making a Protest is solely responsible for ensuring that all Protest process requirements are observed

Protests by National Bodies

- 7.9 A Protest may only be submitted by a National Body. An Athlete cannot submit a Protest.
- 7.10 The Chief Classifier, or a person designated by IPC Powerlifting for the relevant Competition, will be the person authorised to receive Protests on behalf of IPC Powerlifting.

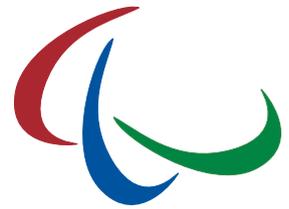


- 7.11 If a Protested Decision is published during the Classification Evaluation Period, the National Body must make a Protest within one hour of the Protested Decision being published.
- 7.12 Protests must be made by way of a designated Protest Form that will be made available by IPC Powerlifting at the relevant Competition. The Protest Form will prescribe certain information and documentation that must be submitted with the Protest form. This will include the following:
 - 7.12.1 Name, Nation and Sport of the Athlete whose Sport Class is being protested;
 - 7.12.2 The details of the Protested Decision;
 - 7.12.3 An explanation as to why the Protest has been made and the basis on which the National Body believes that the Protested Decision is flawed;
 - 7.12.4 All documents and other evidence referred to in the Protest;
 - 7.12.5 The signature of the authorised National Body; and
 - 7.12.6 The prescribed Protest Fee.
- 7.13 Upon receipt of the Protest Form the Chief Classifier will conduct a review to determine if there is a valid reason for a Protest and if all the necessary information is included.
- 7.14 If it appears to the Chief Classifier that if there is no valid reason for a Protest, or the Protest Form has been submitted without all necessary information, the Chief Classifier shall decline the protest and notify all relevant parties. In such cases the Chief Classifier shall provide a written explanation to the National Body as soon as is practicable. The Protest fee will be retained by IPC Powerlifting.
- 7.15 If the Chief Classifier declines a Protest because no valid reason for a Protest has been identified by the National Body, or the Protest form has been submitted without all necessary information, the National Body may resubmit the Protest if it is able to remedy the deficiencies identified by the Chief Classifier in respect of the Protest. The time frames for submitting a Protest shall remain the same in such circumstances. If a National Body resubmits a Protest, all protest procedure requirements will apply. A second Protest fee must be paid.



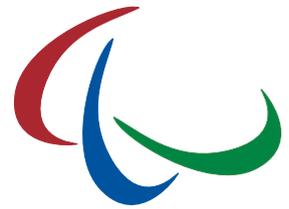
Resolving a Protest

- 7.16 If the Protest is accepted, the Chief Classifier shall appoint a Classification Panel to conduct Athlete Evaluation in respect of the Athlete. This Classification Panel is referred to as a “Protest Panel”.
- 7.17 A Protest Panel should comprise, at a minimum, the same number of Classifiers as those comprised in the Classification Panel that made the Protested Decision. If practicable and possible given all the circumstances of the Competition, the Protest Panel should comprise Classifiers of equal or greater level of experience and/or certification as who comprised the Classification Panel that made the Protested Decision.
- 7.18 The Members of the Protest Panel must not include any person who was a Member of the Classification Panel that made the Protest Decision. Further, it should not include any person who has been a Member of any Classification Panel that has conducted any Athlete Evaluation in respect of the Protested Athlete within a period of eighteen (18) months prior to the date of the Protest Decision.
- 7.19 IPC Powerlifting will supply all documentation submitted with the Protest Form to the Protest Panel. The Chief Classifier will notify all relevant parties of the time and date for the Athlete Evaluation that will be conducted by the Protest Panel.
- 7.20 The Protest Panel will conduct Athlete Evaluation in respect of the Protested Athlete according to the provisions concerning Athlete Evaluation in these Rules.
- 7.21 The Protest Panel may make limited enquires of the Classification Panel that made the Protested Decision and the Chief Classifier, if such enquiries will enable the Protest Panel to complete Athlete Evaluation in a fair and transparent manner. In addition, it may seek medical, sport, technical or scientific expertise in its conduct of Athlete Evaluation.
- 7.22 The Protest Panel will conclude Athlete Evaluation and, if appropriate, allocate a Sport Class. All relevant parties shall be notified of the Protest Panel decision as quickly as possible following Athlete Evaluation.
- 7.23 If the Protest is upheld and the Sport Class of the Athlete is changed by the Protest Panel, the Protest Fee will be refunded to the National Body. If the Protest is not upheld and if the Sport Class of the Athlete is not changed by the Protest Panel, the Protest fee will be retained by IPC Powerlifting.
- 7.24 The decision of the Protest Panel is final and is not subject to any further Protest, unless Article 7.3 regarding Sport Class Not Eligible applies.



Protests under Exceptional Circumstances

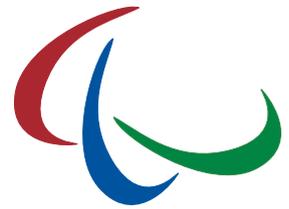
- 7.25 A Chief Classifier may make a Protest in Exceptional Circumstances in respect of any Athlete who is entered for a Competition by a National Body at any time during or prior to a Competition.
- 7.26 A Protest in Exceptional Circumstances may be made if the Chief Classifier believes that because of exceptional circumstances that relate to a particular Athlete, the Athlete should undertake Athlete Evaluation in order that his or her Sport Class may be reviewed.
- 7.27 Examples of Exceptional Circumstances that may arise that warrant an Athlete participating in Athlete Evaluation include, but are not limited to:
- 7.27.1 An obvious and permanent change in the degree of Impairment of an Athlete;
 - 7.27.2 An Athlete demonstrating significantly less or greater sporting ability prior to or during Competition which suggests that the Athlete may have been allocated an incorrect Sport Class;
 - 7.27.3 An obvious and manifest error made by a Classification Panel which has led to the Athlete being allocated an incorrect Sport Class; or
- 7.28 Sport Class allocation criteria having changed since the Athlete's most recent evaluation.
- 7.29 The procedure for the making of a Protest in Exceptional Circumstances shall be as follows:
- 7.29.1 The Chief Classifier shall advise the Athlete and relevant National Body that a Protest is being made in Exceptional Circumstances;
 - 7.29.2 The Chief Classifier will provide a written summary of the reasons for the making of the Protest, which at a minimum shall explain why the Chief Classifier believes that the Athlete's Sport Class appears to be inconsistent with the Athlete's perceived Impairment(s) and/or Activity Limitation(s);
 - 7.29.3 The Athlete's Sport Class Status will be amended to Review (R) Status with immediate effect;
 - 7.29.4 The process for making such a Protest shall be the same as that stated in these Rules in respect of Protests made by National Bodies save that the Chief Classifier is not required to pay a Protest fee.



- 7.29.5 The decision of the Protest Panel is final and is not subject to any further Protest, unless Article 7.3 regarding Sport Class Not Eligible applies.

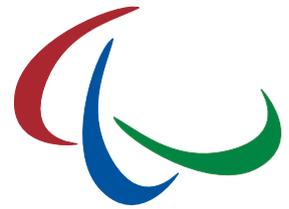
Provisions Where No Protest Panel is Available

- 7.30 If a Protest is made and accepted at a Competition, but there is no opportunity for the Protest to be resolved at that Competition (because, for example, it is not possible to form an appropriately constituted Protest Panel), the following provisions will apply:
 - 7.30.1 If the Athlete has been allocated Sport Class Status Confirmed (C), that will be amended to Sport Class Status Review (R);
 - 7.30.2 The Athlete will be permitted (or required) to compete in his or her current Sport Class, pending the resolution of the Protest;
 - 7.30.3 IPC Powerlifting will take all reasonable steps to ensure that the Protest is resolved at the earliest opportunity, for example, at the next Competition that the Athlete intends competing at and where International Classification is offered.



8 Article Eight – Appeals

- 8.1 If an Athlete believes that an unfair decision has been made pursuant to these Rules, he or she may apply to have that decision set aside. The procedure by which such a decision may be set aside is referred to in these Rules as an Appeal.
- 8.2 A decision will be considered unfair, if it has been made in contravention of the procedures set out in these Rules at Article 3, 4, 5, 6, 7 and 8 of these Rules; and there is some manifest unfairness associated with the decision such that it should be set aside.
- 8.3 IPC Powerlifting has designated the International Paralympic Committee Board of Appeal on Classification (BAC) to act as the hearing body for all Appeals.
- 8.4 The detailed rules of procedure in respect of Appeals are provided by the IPC in the form of the IPC BAC Bylaws. These Rules incorporate the IPC BAC Bylaws, and any Appeal made under these Rules must be made pursuant to the IPC BAC Bylaws.
- 8.5 The outcome of an Appeal will be that either the relevant decision is upheld, or is set aside. An Appeal cannot result in any decision being amended.



9 Article Nine – Intentional Misrepresentation

- 9.1 The IPC Handbook applies to all Athletes and Athlete Support Personnel who are subject to these Rules. The IPC Handbook requires all Athletes and Athlete Support Personnel to respect and comply with the IPC Classification Code and the IPC Code of Ethics.
- 9.2 All breaches of the Classification Code are treated by the IPC and IPC Powerlifting as being breaches of the IPC Code of Ethics. The Classification Code prohibits Intentional Misrepresentation and Intentional Misrepresentation is treated by the IPC and IPC Powerlifting as being a breach of the IPC Code of Ethics.
- 9.3 Intentional Misrepresentation will arise in the following circumstances –
- 9.3.1 Evaluation Intentional Misrepresentation: The Athlete intentionally misrepresents his or her skills, abilities and/or the degree or nature of Impairment in the course of Athlete Evaluation with the intention of deceiving or misleading a Classification Panel as to the extent of his or her skills and/or abilities.
 - 9.3.2 Post-Evaluation Intentional Misrepresentation: Following the allocation of a Confirmed Sport Class –
 - 9.3.2.1 There is a material change in the Athlete’s skills, and/or abilities and/ or the degree or nature of the Athlete’s Impairment as a result of a Medical Intervention or for other reasons; and
 - 9.3.2.2 Fails to provide details of the Medical Intervention to the IPC and/or IPC Powerlifting at the earliest reasonable opportunity; and
 - 9.3.2.3 The Athlete’s Sport Class is subsequently changed as a result (in whole or in part) of the changes in his or her skills and/or abilities.
 - 9.3.3 Assisting Intentional Misrepresentation: Any Athlete or Athlete Support Person who assists or is otherwise complicit in the commission of any Intentional Misrepresentation will himself or herself be guilty of an act of Intentional Misrepresentation.
- 9.4 The investigation of any allegations regarding Intentional Misrepresentation shall be undertaken by the IPC and IPC Powerlifting. The disciplinary process that will follow in respect of any such allegations will be the disciplinary process specified by IPC from time to time as regards breaches of the IPC Code of Ethics.



10 Glossary of Defined Terms

Term	Definition
Activity Limitation	Difficulties an individual may have in executing activities that include the attainment of high performance skills and techniques in the field of sporting performance.
Athlete	Any person who participates in the sport of IPC Powerlifting at either International Level (as defined by IPC Powerlifting) or National Level (as defined by a National Body).
Athlete Evaluation	The process by which an Athlete is assessed by a Classification Panel in order to be allocated a Sport Class and Sport Class Status.
Athlete Support Personnel	Any coach, trainer, manager, interpreter, agent, team staff, official, medical or paramedical personnel working with or treating Athletes participating in or preparing for training and/or Competition.
Classification Evaluation Period	The timeframe prior to the commencement of Events at a Competition within which Physical and Technical Assessment typically takes place.
Classification Master List	A list of Athletes who have undergone International Classification in respect of the sport of [IPC Sport which enables all Athletes' Sport Class and Sport Class Status to be tracked and monitored by IPC Powerlifting.
Classification Panel	A group of Classifiers (or in certain exceptional cases a sole Classifier) empowered by IPC Powerlifting to conduct Athlete Evaluation at a Competition.
Classification Personnel	All persons involved in or associated with the process of Athlete Evaluation, including the Head of Classification, Classifiers, Chief Classifiers and Trainee Classifiers.
Competition	A series of individual Events conducted together under the jurisdiction of IPC Powerlifting. A Competition shall include the Classification Evaluation period.
Competition Season	The timeframe within which Competitions are held for a particular sport. For summer sports, the Competition Season runs from January 1 of a calendar



	year until December 31 of the same calendar year. For winter sports, the Competition Season runs from July 1 of a calendar year until June 30 of the next calendar year.
Conflict of Interest	A situation where a pre-existing personal or professional relationship gives rise to the possibility of that relationship affecting the ability of the person concerned to make an objective decision or assessment.
Effective Date	The date upon which these Rules come into force.
Eligible Impairment	An Eligible Impairment is an Impairment the existence of which is a pre-requisite for an Athlete to be allocated a Sport Class for the sport of IPC Powerlifting.
Entry Sport Class	A Sport Class allocated to an Athlete by a National Body prior to an IPC Powerlifting Competition to indicate the Sport Class with which the Athlete intends to compete. An Entry Sport Class is an estimate and has no binding effect upon either the Athlete or the body responsible for organising and managing the relevant Competition.
Event	A sub-set of a Competition that requires specific technical and sporting skills.
Fixed Review Date	A date prior to which an Athlete who has been designated with Sport Class Status Review (R) will not be required to undertake Athlete Evaluation, regardless of whether or not that Athlete competes at any Competition. Unless otherwise specified by the Classification Panel, the Fixed Review Date in summer sports is 1 January of the year indicated by the Classification Panel, and 1 July of the season indicated in winter sports.
Impairment	A deficiency in or loss of body function or structure.
Intellectual Impairment	A type of Impairment, which is defined as a limitation in intellectual functioning and adaptive behaviour as expressed in conceptual, social and practical adaptive skills. This impairment must originate before the age of 18.
International Classification	Athlete Evaluation that has been designated in advance by IPC Powerlifting as being conducted with the aim of allocating a Sport Class that entitles the relevant Athlete to compete at Recognised Competitions.
IPC	International Paralympic Committee



IPC Classification Code	The IPC Classification Code 2007 and accompanying International Standards and any subsequent version or versions of the same.
IPC Classifier Code of Conduct	Part of the IPC Classification Code International Standard of Classifier Training. It establishes a number of standards in respect of the behaviour of Classification Personnel.
IPC Code of Ethics	The IPC Code of Ethics is part of the IPC Handbook and regulates unethical conduct committed by persons who are subject to the IPC Handbook.
IPC Handbook	The IPC Handbook is the primary governance instrument for the IPC in its capacity as both an International Federation and the ruling body for the Summer and Winter Paralympic Games. All persons who are subject to the jurisdiction of the IPC are required to abide by its provisions.
Medical Intervention	Any intervention such as surgery, pharmacological intervention or other treatment, which affects the Athlete's Eligible Impairment.
Medical Review	The process by which an Athlete can apply to IPC Powerlifting to undergo Athlete Evaluation, in order that the Athlete's Sport Class may be reviewed to ensure that the Athlete's Sport Class remains a fair allocation.
Minimum Disability Criteria	The standards set by IPC Powerlifting in relation to the degree of Eligible Impairment that must be present in order that an Athlete is deemed to be eligible to compete in the sport of IPC Powerlifting.
National Body	A team entity of which an Athlete is a member. Such an entity may be National Federation, National Paralympic Committee or other representative team body.



Appendix: IPC Powerlifting Sport Profiles

1. Eligibility

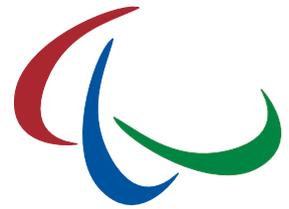
- 1.1 IPC Powerlifting offers competition for Athletes with certain physical Impairments. IPC Powerlifting has only one Sport Class, which is based on whether an Athlete is “eligible” or not.
- 1.2 The Sport Class will be allocated to an Athlete if:
- 1.2.1 the Athlete can demonstrate that he or she is affected by an Impairment in respect of one of the functional categories referred to in **Table 1** below. The functional descriptions are consistent with those used in the International Classification of Functioning (“ICF”), Disability and Health published by the World Health Organisation.
- 1.2.2 In relation to Impairment, that the Athlete exhibits on or more Activity Limitations resulting from that Impairment as detailed in **Table 2** below.

Table 1

Category	ICF Function Code and Description	Examples of health conditions likely to cause Impairment of Function
Muscle Tone Functions	<p>B735 Functions related to the tension present in the resting muscles and the resistance offered when trying to move the muscles passively.</p> <p>Includes functions associated with the tension of isolated muscles and muscle groups, muscles of one limb, one side of the body and the lower half of the body, muscles of all limbs, muscles of the trunk, and all muscles of the body; Impairments such as hypotonia, hypertonia and muscle spasticity.</p>	<p>Cerebral palsy, stroke, acquired brain injury, multiple sclerosis</p>



Control of Voluntary Movement Functions	<p>B760 Functions associated with control over and co-ordination of voluntary movements</p> <p>Functions of control of simple voluntary movements and of complex voluntary movements, co-ordination of voluntary movements, supportive functions of arm or leg, right left motor co-ordination, eye hand co-ordination, eye foot co-ordination, Impairments such as control and co-ordination problems.</p>	<p>Ataxia resulting from cerebral palsy, brain injury, Friedreich's ataxia, multiple sclerosis, spinocerebellar ataxia</p>
Involuntary Contractions of Muscles	<p>B7650 Functions of unintentional, non or semi-purposive involuntary contractions of a muscles group of muscles, such as those involved as part of a psychological dysfunction.</p> <p>Includes Impairments such as choreatic and athetotic movements; sleep-related movement disorders.</p>	<p>Chorea, athetosis e.g., from cerebral palsy</p>
Limb deficiency	<p>s720: Structure of shoulder region; s730: Structure of upper extremity; s740: Structure of pelvic region; s750: Structure of lower extremity</p> <p>In particular total or partial absence of the bones or joints of the shoulder region, upper extremities, pelvic region or lower extremities.</p>	<p>Amputation resulting from trauma or congenital limb deficiency (dysmelia).</p>



<p>Impaired Passive Range of Movement (PROM)</p>	<p>b7100 Mobility of a single joint Functions of the range and ease of movement of one joint.</p> <p>b7101 Mobility of several joints Functions of the range and ease of movement of more than one joint.</p> <p>b7102 Mobility of joints generalized Functions of the range and ease of movement of joints throughout the body.</p>	<p>Arthrogyposis, ankylosis, scoliosis</p>
<p>Impaired muscle power</p>	<p>b730 Muscle power functions Functions related to the force generated by the contraction of a muscle or muscle groups.</p> <p>Inclusions: functions associated with the power of specific muscles and muscle groups, muscles of one limb, one side of the body, the lower half of the body, all limbs, the trunk and the body as a whole; Impairments such as weakness of small muscles in feet and hands, muscle paresis, muscle paralysis, monoplegia, hemiplegia, paraplegia, quadriplegia and akinetic mutism</p>	<p>Spinal cord injury, muscular dystrophy, brachial plexus injury, Erb palsy, polio, Spina bifida, Guillain-Barré syndrome</p>
<p>Leg length difference</p>	<p>S75000 Bones of thigh; S75010 Bones of lower leg S75020 Bones of ankle and foot</p> <p>Aberrant dimensions of bones of right lower limb OR left lower limb</p> <p><i>Inclusions:</i> shortening of bones of one lower limb <i>Exclusions:</i> shortening of bones of both lower limbs; any increase in dimensions</p>	<p>Congenital or traumatic causes of bone shortening in one leg</p>



Short stature	s730.343, s750.343, s760.349 Standing height is reduced due to aberrant dimensions of bones of upper and lower limbs or trunk, for example due to achondroplasia or pituitary gland dysfunction.	Achondroplasia, pituitary gland dysfunction
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Information on ICF codes, including a copy of the ICF, is available at <http://www.who.int/classifications/icf/site/icftemplate.cfm>

Table 2: Minimum Activity Limitation

Hypertonia, Ataxia, Athetosis	The presence of Hypertonia, Ataxia, Athetosis in an Athlete will result in an Athlete being considered eligible to compete. If Hypertonia, Ataxia or Athetosis can only be detected by a detailed neurological examination of the Athlete, and there is no obvious Impairment of function, the Athlete will not be eligible to compete.
Lower Limb deficiency	The presence of a. Double or single above knee amputations. b. Double or single below knee amputations. will result in an Athlete being considered eligible to compete. Amputations must be at a minimum above the ankle joint.
Impaired range of motion	Hip joint: decrease in flexion-extension of 60 degrees or ankylosis Knee joint: Extension defect or 30 degrees or ankylosis in any position Severely reduced mobility of a permanent nature and/or as in scoliosis measuring over 60 degrees curve as measured by the Cobb method. X-ray proof is required.



Impaired muscle power	<p>A decrease in muscle strength of at least 20 points to include both lower limbs extremities when testing on the 0-5-scale grade system. A normal person obtains 50 points in each lower limb (total 100 points for both lower limbs). The following muscle functions shall be tested in the lower limb:</p> <table border="1" data-bbox="387 622 1225 1061"> <tr> <td>Hip</td> <td>Flexion</td> <td>5 maximum</td> </tr> <tr> <td>Hip</td> <td>Extension</td> <td>5 maximum</td> </tr> <tr> <td>Hip</td> <td>Abduction</td> <td>5 maximum</td> </tr> <tr> <td>Hip</td> <td>Abduction</td> <td>5 maximum</td> </tr> <tr> <td>Knee</td> <td>Flexion</td> <td>5 maximum</td> </tr> <tr> <td>Knee</td> <td>Extension</td> <td>5 maximum</td> </tr> <tr> <td>Ankle</td> <td>Dorsiflexion</td> <td>5 maximum</td> </tr> <tr> <td>Ankle</td> <td>Plantarflexion</td> <td>5 maximum</td> </tr> <tr> <td>Foot</td> <td>Inversion</td> <td>5 maximum</td> </tr> <tr> <td>Foot</td> <td>Eversion</td> <td>5 maximum</td> </tr> </table> <p>Note: Athletes who have arthrodesis of the foot in which there is either/or no inversion or eversion possible will be measured as grade 5 in muscle testing under the appropriate category of either/or inversion or eversion.</p>	Hip	Flexion	5 maximum	Hip	Extension	5 maximum	Hip	Abduction	5 maximum	Hip	Abduction	5 maximum	Knee	Flexion	5 maximum	Knee	Extension	5 maximum	Ankle	Dorsiflexion	5 maximum	Ankle	Plantarflexion	5 maximum	Foot	Inversion	5 maximum	Foot	Eversion	5 maximum
Hip	Flexion	5 maximum																													
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Knee	Extension	5 maximum																													
Ankle	Dorsiflexion	5 maximum																													
Ankle	Plantarflexion	5 maximum																													
Foot	Inversion	5 maximum																													
Foot	Eversion	5 maximum																													
Leg length difference	<p>At least 7cm difference between left and right leg. Measurements to be taken from anterior superior iliac spine to tip of medial malleolus on same side.</p>																														
Short stature	<p>Standing height as indicated below PLUS evidence of achondroplasia, a genetic condition causing abnormal growth and development of bone and cartilage and resulting in disproportionately short limbs, or permanent pituitary gland dysfunction. Athletes must be ≥ 18ys old. Males: ≤ 145cm, Females: ≤ 140cm</p>																														

1.3 Athletes that have an elbow extension limitation of more than 20 degrees in either elbow will not be eligible for IPC Powerlifting.

2. Assessment Methodology IPC Powerlifting Classification

Appendix 1 details the Activity Limitations resulting from Impairment that an Athlete should exhibit in order to be eligible to compete in IPC Powerlifting Competitions. It explains that the degree of Activity Limitation resulting from those Impairments should be assessed in order that it can be established that an Athlete has the requisite level of “Minimum Activity Limitation”.



The following matters should be taken into account when assessing Athletes.

2.1 Assessing Athletes with Spinal Impairments

The following factors are important in the assessment of an Athlete who has a spinal cord injury, curvature or fusion.

- 2.1.1 Aetiology (cause of disability).
- 2.1.2 The type of spinal curvature present – whether it is caused by scoliosis, kyphosis, or kypho-scoliosis.
- 2.1.3 Where the apex of the curve is and where the actual curve appears to start from and where it appears to finish.
- 2.1.4 The relationship between the rib cage and the pelvis, in particular whether the rib cage free of contact with the pelvis or is in contact with the pelvis, and whether the rib cage is inside the pelvis on one side.
- 2.1.5 The muscle power of the upper and lower abdominals and upper and lower spinal extensors, and whether the loss in muscle strength is symmetrical.
- 2.1.6 Where there is scoliosis, an assessment whether there is asymmetry of muscle power in the abdominals and spinal extensors should be made, and if so, whether there is asymmetry in the lower limb muscles.
- 2.1.7 The fracture level and in relation to spina bifida, the neurological level.

2.2 Assessing Spinal Fusion

Classification Panels should make note of the following:

- 2.2.1 How long the fusion appears to be: generally the fusion for a fracture level is over fewer vertebral segments than for a scoliosis. Assessing the muscle power of the upper and lower abdominals and the upper and lower spinal extensors is important, and the effect of surgery on spinal extensor function has to be noted. Functional tests should be undertaken to assess an Athlete's motor ability, and whether the movement has been affected by scoliosis, spinal fusion or spasticity.



- 2.2.2 The longer the spinal fusion is, the greater the effect on movement and muscle power. If there is contact between the rib cage and the pelvis, spinal movements will be reduced. Trunk mobility should be assessed where possible both above and below the spinal fusion.
- 2.2.3 Treatment of the spine may reduce the effectiveness of the spinal extensor muscles and the abdominal muscles: it may reduce the lateral flexion and rotational ability as well as the flexion/extension movements.

2.3 Assessing Athletes with Polio

Classification Panels should make note of the following:

- 2.3.1 Muscle power in the Athlete's upper and/or lower limbs may need to be reviewed. It may be helpful to compare the muscle bulk of the upper limbs to the trunk and to the lower limbs.
- 2.3.2 Polio Athletes who are tetraplegic are most likely to have all muscle groups affected.
- 2.3.3 Polio Athletes may have skip lesions – that is, they may have normal trunk function and weakness in the lower limbs, and one upper limb with normal function and one upper limb with weakness in one muscle group.
- 2.3.4 If an Athlete has had polio at a young age, they may have scoliosis, and asymmetry of trunk muscle function.
- 2.3.5 If an Athlete has asymmetry of muscle bulk, the Athlete may have differing levels of function in each lower limb.
- 2.3.6 Post-polio syndrome should be considered where relevant.

2.4 Assessing Athletes with Spina Bifida

Classification Panels should make note of the following:



- 2.4.1 Spinal curvature and pelvic tilt noting relationship of the rib cage and pelvis;
- 2.4.2 Hip contractures as well as hip subluxation and dislocation;
- 2.4.3 The effect of any surgery on the hip joint;
- 2.4.4 The higher the spinal cord level involvement, the more likely that the Athlete will have upper limb co-ordination problems;
- 2.4.5 The higher the level of spinal cord involvement the more likely there will be significant spinal deformity either in the form of shortening of the spine due to scoliosis or kypho-scoliosis. The higher the level of spinal cord involvement the more likely that the Athlete will have pelvic tilting which does impact on muscle power, that the Athlete may have in the trunk and also in the lower limbs. The higher the level of spinal cord involvement the more likely that one side of the rib cage and the pelvic rim will come into contact.
- 2.4.6 If there is hip muscle imbalance and the hip flexors and adductors are present but the abductors and extensors are absent there will either be subluxation or dislocation of the hips. This will impact on muscle strength. Sometime surgery will have been carried out to correct this tendency and this will also impact on the remaining muscle strength.
- 2.4.7 Some Athletes with spina bifida will have an ileal conduit i.e. a urinary collection system in which part of the bowel is used as the bladder, and which has an exit point through the abdominal wall.
- 2.4.8 Sometimes the higher the level the more likely the Athlete will have had a spinal fusion which impacts on trunk function and also may make any remaining abdominal and leg muscle power less functional.
- 2.4.9 The lower limbs themselves may be spastic or flaccid or have a mixed pattern.

2.5 Assessing Athletes With Incomplete Spinal Cord Injury

- 2.5.1 A Classification Panel should (a) assess the motor and sensory function in all areas; (b) note the location of the increase in tone i.e. upper limbs, abdominals, and lower



limbs; and (c) when assessing incomplete Athletes the three areas that need to be considered include the arms, the trunk and the legs.

2.5.2 When an incomplete tetraplegic Athlete is assessed, accurate assessment of the three areas will assist in determining the classification of the Athlete. It must be noted that spasticity is rarely helpful in athletic performance. It varies so much e.g. temperature, emotion and there is no active control of the level of spasticity. Athletes do try to reinforce any spasticity that is useful, but should never be penalized for doing so.

2.5.3 Incomplete paraplegics are usually assessed depending on the level of muscle power in the lower limbs.

2.6 Assessing Athletes with a Loss of Limb

Athletes who have either a single or double amputation, either above or below the knee, are eligible to compete in IPC Powerlifting events.

In this regard, the minimum level of Impairment is taken to be an amputation through or above the ankle joint.

2.7 Assessing Athletes with Hypertonia, Ataxia or Athetosis

Athletes who have hypertonia, ataxia or athetosis, or an Impairment that presents in a similar fashion, will be eligible to compete in IPC Powerlifting events, at the condition they exhibit:

2.7.1 Dialogic or monoplegic minimal to moderate involvement;

2.7.2 Good functional strength in both upper limbs;

2.7.3 Moderate to severe involvement spasticity in both lower extremities;

2.7.4 Spasticity Grade, minimal athetoid / ataxic Athlete

An Athlete must have an obvious Impairment of function during classification, as a result of ataxic, athetoid or dystonic movements while performing.



2.8 Assessing Athletes with Other Impairments

- 2.8.1 **Short Stature:** although in any event the maximum height that an Athlete who seeks to be eligible to compete is 140 centimetres for female athletes and 145 centimetres for male athletes, short stature alone is not a qualifying criterion. An Athlete who seeks to compete as an athlete with short stature will only be eligible if they have achondroplasia (or a equivalent Impairment) or permanent pituitary gland dysfunction.
- 2.8.2 **Shortening of one Lower Limb:** an Athlete who has one lower limb that is at least 7 centimetres shorter than the other (where the measurements is taken from anterior superior iliac spine to medical malleolus on same side) will be eligible to compete.
- 2.8.3 **Other neuromusculoskeletal Impairments:** an Athlete with a neuromusculoskeletal Impairment that results in a decrease in muscle strength of 20 points (including both lower limbs) may be eligible to compete. The methodology for assessing muscle strength is explained in Section 3.

3. Specific Methods of Testing

The methodology for such assessment will include utilizing the following techniques and/or processes:

- Manual muscle power testing using the MRC scale;
- Neurological Examination of Lower Limbs (light touch and pin prick);
- Muscle tone assessment;
- Limb length measurement;
- Range of movement of lower limb joints;
- Tendon reflex assessment;
- Pathological reflexes (Babinski-Hoffmann process)



3.1 Muscle Power testing for IPC Powerlifting Classification

The following should be noted in relation to muscle power testing:

- 3.1.1 A robust assessment of power is required;
- 3.1.2 The Medical Research Council (MRC) has a recommended grading system for power (see table below);
- 3.1.3 The Athlete must contract the muscle group being tested, with the examiner applying resistance to that contraction.
- 3.1.4 The following muscle groups should be tested: Hip flexion, extension, adduction and abduction; Knee flexion and extension; Foot dorsiflexion, plantar flexion, eversion and inversion.

Muscle strength should be assessed using the following scale (where 0 is the lowest “score” available):

MRC scale for muscle power	
0	No muscle contraction is visible
1	Muscle contraction is visible but there is no movement of the joint
2	Active joint movement is possible with gravity eliminated
3	Movement can overcome gravity but not resistance from the examiner
4	The muscle group can overcome gravity and move against some resistance from the examiner
5	Full and normal power against resistance



Points should be allocated on a muscle test performed in relation to the following:

Hip	Flexion	5 Maximum
Hip	Extension	5 Maximum
Hip	Adduction	5 Maximum
Hip	Abduction	5 Maximum
Knee	Flexion	5 Maximum
Knee	Extension	5 Maximum
Ankle	Dorsiflexion	5 Maximum
Ankle	Plantarflexion	5 Maximum
Foot	Inversion	5 Maximum
Foot	Everson	5 Maximum

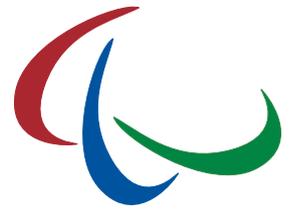
The maximum score is 50 points per limb TOTAL = 100 points (full functional muscle power in both lower limbs).

3.2 Neurological Examination of the Lower Limbs

3.2.1 Examination of the lower limbs may be performed more easily with the patient lying on a couch. For the Sharp touch (pinprick) test, a dedicated disposable pin should be used (a disposable hypodermic needle is too sharp). The Classifier should use the Athlete's sternal area to establish a baseline for sharpness before commencing. The same progression as for the Muscle Power Testing should take place, using a light touch. The Athlete should have his/her eyes closed, and be asked to report hypoesthesia (feels blunter) or hyperaesthesia (feels sharper).

3.2.2 Classifiers should note:

- the Athlete's resting posture, and whether there is any unusual rotation or posture of a joint, and whether the patient is symmetrical;
- whether there is muscle wasting or hypertrophy, and if so whether that is focal or diffuse;
- Evidence of involuntary movements such as *tremor*, *tics*, *myoclonic jerks*, *chorea* or *athetosis*;



- Evidence of *muscle fasciculation* (sign of lower *motor neurone disease* process), being subcutaneous twitches over a muscle belly at rest. Tapping the belly may stimulate fasciculation.

3.3 Muscle Tone Assessment

3.3.1 Muscle Tone is the resistance felt when a joint is moved passively through its normal range of movement. Hypertonia is found in *upper motor neurone lesions*; hypotonia is found in lower motor neurone lesions and cerebellar disorders.

3.3.2 Clonus is a rhythmic and involuntary muscle contraction that can be provoked by stretching a group of muscles.

3.3.3 In order to assess Muscle Tone, Classifiers should:

- Ask the Athlete to let their legs 'go floppy';
- Internally and externally rotate the 'floppy' leg, and assess for any increased or reduced tone;
- Lift the Athlete's knee off the bed, and note whether the ankle is also raised off the bed as well signifying increased tone;

3.3.4 In order to test for ankle clonus, Classifiers should:

- Flex the Athlete's knee, resting the ankle on the bed;
- Dorsiflex the foot quickly and keep the pressure applied;
- The Athlete's foot will move up and down if clonus is present.

3.4 Measuring leg length discrepancy (LLD)

3.4.1 A clinical cloth tape measure should be used.



3.4.2 The Athlete should lie on a hard surface or treatment couch. The lower limbs should be uncovered to allow measurements to be taken in contact with the skin, and the legs should be passively extended to their fullest extent.

3.4.3 Measurement should be from the highest point of the Anterior Superior Iliac Spine to the mid point of the Medical Malleolus. The same method should be used on each limb.

3.5 Range of Motion Testing

3.5.1 A goniometer is a medical tool used to measure range of motion around a joint, the range being expressed in angles and listed in degrees. A goniometer with telescopic arms of the type mandated by the Head of Classification should be used. The centre of the goniometer should be positioned over the axis of rotation of the joint, and the arms of the goniometer should be aligned with the long axis of the bones of the adjacent segments or to an external reference point.

3.5.1.1 Knee

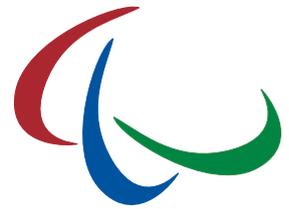
The Athlete should lie on a hard surface or treatment couch, with the active range of movement (“ROM”) being tested by supporting the limb at approximately 45 degrees.

The Classifier should:

- Using a goniometer, determine any fixed angle in the Athlete’s knee joint;
- Use the MRC Muscle Power Test to assess muscle power in flexion/extension.

3.5.1.2 Ankle

The Classifier should determine by resistance the active muscle power in all ranges at the ankle joint, using the MRC Muscle Power Test.



3.5.1.3 Hip

The Athlete should lie on a hard surface or treatment couch, with the opposite hip fixed in the anatomical position. The knee on the side being tested should be flexed manually. Classifiers should measure from the lateral midline of the pelvis, the approximate joint axis will be the greater trochanter of the femur.

3.5.1.4 Elbow

The Classifier should determine the active range of motion (flexion-extension) at the elbow by having the Athlete extend the arm away from the body at shoulder height palm upwards in the anatomical position.

3.6 Tendon Reflexes

3.6.1 Classifiers should:

- ensure that the Athlete is comfortable and that they can see the muscle being tested;
- use a tendon hammer to strike the tendon of the muscle and observe muscle contraction;
- compare both sides;
- reflexes may be either hyperactive (+++), normal (++) , sluggish (+), or absent (-). ± is used when the reflex is only present on reinforcement.

3.6.2 For lower limbs:

- test the knee jerk (L3, L4): flex the Athlete's knee and elicit the reflex by tapping just below the patella;
- test the ankle jerk (S1): with the Athlete lying down, flex the knee and dorsiflex the ankle, at the same time rotate the leg laterally. Elicit the reflex by tapping the Achilles tendon just above the heel.



3.6.3 If a reflex is difficult to elicit, Classifiers may attempt “reinforcement”. The Athlete should flex his/her fingers and interlock them with one palm facing upwards and the other facing downwards, and pull them apart just before the tendon is struck.

Interpretation

- Upper motor neurone lesions usually produce hyperreflexia
- Lower motor neurone lesions usually produce a reduced or absent response;
- Isolated loss of reflex may indicate a radiculopathy affecting that segment.

3.6.4 Superficial Tendon Reflexes

In the lower limbs, these are referred to as “plantar response”.

To elicit this:

- The Athlete should lie down with legs extended;
- Classifiers should use a blunted point and run this along the lateral border of the foot, starting at the heel and moving towards the big toe;
- An extensor plantar response (upgoing big toe) is pathological and signifies an upper motor neuron lesion.



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