

ADAPTIVE SPORTS USA

POWERLIFTING SPORT TECHNICAL RULES



2020

Official Rules and Qualifying Standards

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Preface

The Adaptive Sports USA Powerlifting Sport Technical Committee is responsible for the rules used by competitions sanctioned by Adaptive Sports USA. The primary powerlifting rules followed by Adaptive Sports USA are the World Para Powerlifting Technical Rules and Regulations issued January 2018. Throughout this document the words him, his, himself, and he include both male and female participants. The following rules are in line with World Para Powerlifting Rules, with slight adaptations made by the Committee to meet the needs of our athletes/members of Adaptive Sports USA, especially Juniors. Specific references to a World Para Powerlifting (WPPO) rule are in parentheses. For more in depth information please go to the IPC website under Powerlifting. www.paralympic.org/Powerlifting and go to the “About” section of the website for rules and regulations.

These rules are confirmed for 2020.

Key Junior rule changes for this year are as follows:

2.1.11 This rule was amended to permit the head official or one’s coach to give the press command upon request. “.....At National and Regional Competitions, a verbal “Press” command will be permitted for junior athletes upon request and the command could then be given by either the official or a coach)....”

12.4 This rule was amended to clearly state the weight of the bar that must be lifted for a qualifying lift. “Qualifying for juniors shall be a successful lift of a 20K Olympic bar (or equivalent 45lbs.)....”

14.0 This section clearly details for requirements for the different levels of competition.

References to World Para Powerlifting rules have been added.

Rulebook Version Control

2020 Powerlifting RulesV1Final Final Updates to remove old rules, reorganize rules & parallel the World Para Rulebook. Jan2020

1.0 DISABLED ATHLETE PARTICIPATION

Competition is an open event for all physically disabled male and female competitors.

Competitors become eligible to compete in this sport on the day of their 14th birthday. For International Competitions competitors need to be 16 years of age by the 1st of January for the year they are competing.

- 1.1 **Spinal Cord Injured and Dwarfism** The lifter must assume the following position on the bench, which must be maintained during the complete lift: shoulders (hair must not restrict the view), buttocks, legs and feet extended on the official bench. An exception for medical reasons must be approved by the referee prior to the competition. (Orthotics or special shoes are allowed)
- 1.2 **Cerebral Palsy (CP)** The lifter must assume the following position on the bench, which must be maintained during the complete lift: shoulders (hair must not restrict the view), buttocks, legs and feet extended on the official bench. Flexed legs supported by an approved wedge must be approved by the referee prior to the competition (not to exceed 600 mm in length).
- 1.3 **Amputees** The lifter must assume, the following position on the bench, which must be maintained during the complete lift: shoulders (hair must not restrict the view), buttocks on the official bench. As far as possible, depending on the amputations, leg(s) and foot or prosthesis extended on the official bench.
- 1.4 Lifting with a prosthesis is allowed and orthotics with shoes will be allowed for Spinal Cord Injured and CP athletes. (Please refer to the weight class section for additional rules for amputees.)

2.0 LIFTS

World Para Powerlifting recognizes one type of lift, which must follow all WPPPO Rules: the Powerlifting Press.

Some regions have chosen to continue to do the Weightlifting Bench Press, which was previously recognized by Adaptive Sports USA. Should a Region choose to continue offering this type of lift, the Sport Technical Committee strongly recommends that athletes lift only one type of lift in a 24-hour period. At all National meets, including Junior Nationals, there will only be one lift, the Powerlifting Press.

The Powerlifting Press must be executed with two hands. Each athlete is permitted three attempts during a competition. (Unless a record is to be broken then see the rules on permitting a fourth lift at level 3 sanctioned competitions.)

2.1 Powerlifting Press (15.1)

- 2.1.1 The bar shall be placed across the lifter, on the stands, and will be horizontal.
- 2.1.2 The head, shoulders, buttocks, legs (fully extended where possible) and heels (if applicable) must remain on/touching the bench during the entire lifts. (15.1.2.3)

- 2.1.3 The spacing of the hands shall not exceed 81 cm measured between the forefingers. (15.1.2.7)
- 2.1.4 The lifter must grip the bar with the thumbs around grip. (15.1.2.6)
- 2.1.5 Any lifter is allowed to have their legs strapped to the bench for additional stability and with the choice of using one or two straps. One strap can be placed between the hips and knees and the second strap between the knees and ankles. (12.3.7)
- 2.1.6 Strapping must be done by the athlete or the coach: in either case this can be done with the assistance of the spotter/loaders under the supervision of the Referees.
- 2.1.7 Not more than four and not less than three spotter/loaders shall be in attendance. The lifter may enlist the help of the spotter/loaders in removing the bar from the racks, but the lift off must be to arm's length and not down to the chest. If assisted in removing the bar from the rack, the lifter must clearly state when he/she is ready to "take the bar", at which time the spotters will release the bar but remain prepared to take the bar back if needed. (15.1.2.5)
- 2.1.8 The bar must be lowered and raised according to the rules in order to be judged as a good lift. Each lifter will be given three attempts to lift the greatest weight. Only the official spotter/loaders are allowed to help the lifter to remove the bar from the racks.(15.1.2.5)
- 2.1.9 After receiving the bar at arm's length, the lifter shall wait with elbows locked for the Chief Referee's signal. The signal shall be given as soon as the lifter is motionless and the bar properly positioned. (15.1.2.8)
- 2.1.10 The signal shall consist of a downward movement with the hand and the audible command "start ". (15.1.2.11)
- 2.1.11 After receiving the signal, the lifter must lower the bar to the chest and hold it motionless on the chest. (Showing the referee that all downward movement has stopped without the bar pressing in to the chest.) At National and Regional Competitions, a verbal "Press" command will be permitted for junior athletes upon request and the command could then be given by either the official or a coach). The athlete then presses the bar upwards with an even movement of the arms until the arms are fully extended. All experienced lifters are encouraged to lift without a command. (Internationally there is no command to press the bar, however an athlete's coach MAY give a verbal press command.) When held motionless in the raised position, the audible signal "rack" will be given together with a hand motion and backward movement of the arm.(15.1.3, 15.1.4, 15.1.5)
- 2.1.12 The coach is allowed to assist the competitor on arrival or leaving the platform but may not touch the bar. During the lifts, coaches should remain within the designated coaches' area as defined by the Jury, Referee or Technical controller in charge or the audience.

2.2 Athlete Bench Call:

- 2.2.1 From calling the name, country/team and weight until the start signal the competitor has two (2) minutes. A second call and signal marks the last minute. (16.1.5)
- 2.2.2 If a lifter is following himself (e.g. fourth record attempt), he shall receive three (3) minutes instead of two (2) minutes to make his next attempt.
- 2.2.3 The lifter or the coach will be allowed one minute to indicate the next attempt to the appointed Marshall at the scoring table. The one-minute starts at the moment the lifter has left the bench, at the discretion of the Marshall. (16.2.2.2, 16.2.3.2)

3.0 CAUSES FOR DISQUALIFICATION

This is a summary of key causes. A more complete list of reasons for disqualification can be found in the WPPO rules section 15.3.

- 3.1 Failure to observe the referee's instructions/signals at the commencement or completion of the lift.
- 3.2 Any change in the elected lifting position during the lift proper, e.g. head, shoulders, buttocks or feet from their original points of contact with the bench, or lateral movement of the hands on the bar.
- 3.3 Heaving, bouncing, or sinking the bar after it has been motionless on the chest.
- 3.4 Any uneven extension of the arms during the lift. Note: The lifter's arms must extend at the same rate/speed and the elbows lock out together, however, the bar needs not be completely horizontal.
- 3.5 Any downward movement of the bar in the course of being pressed out.
- 3.6 Failure to press the bar to full extension of the arms at the completion of the lift.
- 3.7 Contact with the bar by spotter/loaders between the Chief Referee's signals.
- 3.8 Deliberate contact between the bar and the bar rest supports during the lift in order to make the press easier.
- 3.9 Exceeding the allowed lifting time.
- 3.10 Failure to comply with any of the requirements contained in the description of the lift, which precedes this list of disqualifications.
- 3.11 The use of oil, grease, or other lubricants is strictly prohibited. Powder may be used. Powder includes: chalk, talc, resin and magnesium carbonate. No foreign substances are to be applied by the lifter or anyone to the equipment.

4.0 REFEREES:

- 4.1 The referees shall be three in number, the Chief Referee or Centre Referee and two side referees.
- 4.2 The Chief Referee is responsible for giving the necessary signals for all three attempts. The Chief Referee is also responsible for giving a loud and clear signal to the speaker/announcer when the bar and supports are ready.
- 4.3 Verbal Signals made during the lift are as follows:
 - 4.3.1 Start: The word "Start" begins the official Lift as well as a downward motion of the hand.
 - 4.3.2 Completion: A visual signal consisting of a backward movement of the arm together with the audible command "Rack" will be given.

- 4.3.3 In Junior competition, the lifter may request a press command to initiate the press from the chest to the extended arm position.
- 4.4 Once the bar has been replaced in the racks, the referees will announce their decisions by means of lights or flags/paddles.
 - 4.4.1 WHITE: For a "good lift"
 - 4.4.2 RED: For a "no lift"
 - 4.4.3 Two or more white lights signify a good lift and two or more red lights reflect a no lift.
- 4.5 The three referees may seat themselves in what they consider to be the best viewing positions around the platform. The Chief Referee shall be seated behind the head of the competitor to be able to observe the width of the grip. The Chief Referee is normally seated with his back to the audience but an exception can be allowed.
- 4.6 Before the contest, the three referees shall jointly ascertain that:
 - 4.6.1 The platform and competition equipment comply in all respects with the rules. Bars and discs are checked for weight discrepancies and defective equipment discarded.
 - 4.6.2 The scale works correctly and is accurate.
 - 4.6.3 The lifters weigh in within the limits of weight and time for their bodyweight category.
 - 4.6.4 The lifter's costume and personal equipment comply with the rules in all respects.

5.0 ATHLETE CHECK-IN/KIT CHECK:

- 5.1 Competitors must bring their entire lifting costume with them to the weigh-in or check-in. One referee shall inspect the costumes, belts, bandages, etc., of each lifter and will record the details on the Referees Inspection Form. All items to be worn by the lifter must be approved and marked accordingly. The assigned official shall see that the item worn during the competition corresponds exactly with the details on the Inspection Form.
- 5.2 Costume items to be inspected at the check-in/weigh-in by the referees are: Lifting suit/pants — T-shirt — Bra (females)— Socks — shoes/sneakers.
- 5.3 Lifters must appear in correct and tidy dress, which can consist of:
 - 5.3.1 SUIT: General Suit Requirement: A tight fitting Lycra type material, workout pants, or track suit. The pants need to be either long or shorts that fit around the knees. (Baggie pants or belts are not permitted) Optional: For IPC / Experienced Lifters: The professional lifting apparel shall consist of a one-piece lifting suit with shoulder straps. The legs shall measure no shorter than 10 cm along each inseam and may extend to the ankles and include a stirrup. The suit shall be made from one-ply limited stretch material, e.g. Lycra (20 %) or cotton- elastane (maximum 10 % elastane), without any additional patches or padding. The straps must be worn over the shoulders at all times while lifting in competition. The lifting apparel shall also be subject to the following requirements:

- a) It may be of any color or colors
 - b) The lifting suit may bear the badge, emblem, logo and/or inscription of the lifter's nation or team's name. The lifter's name may be placed on any apparel or equipment. (Follow rules on advertisements according to Adaptive Sports USA policy) (12.3.2)
- 5.3.2 T-SHIRT: A "T-Shirt", of any color or colors, must be worn under the lifting suit. The t- shirt is subject to the following conditions: Must have sleeves but not fall below the elbows and they may not be rolled up for competition. All shirts are to be tucked into the pants. More specifically, the shirts should:
- a) Not be made of a ribbed material,
 - b) Not consist of any rubberized or similar stretch material,
 - c) Not have any pockets, buttons, zippers, collar or a V-neck collar,
 - d) Be made either exclusively of cotton or polyester, or a mixture of both,
 - e) Fit loosely enough on the lifter's body so as not to afford the lifter any physical support.
- NOTE. The following are also permitted as long as they do not violate the conditions above. Permitted: The athlete may wear the official T-Shirt of the competition that they are competing at, or the competitors team t-shirt that bears the badge, logo, and/or inscription of the lifter's team, nation, national or regional federation/ sponsor. Size Guidelines can be found in Appendix 6 of the World Para Powerlifting Rules. (12.3.3, Appendix 6)
- 5.3.3 SHOES: Lifting is not allowed without shoes unless a doctor's statement is written and sent to the event's classifier or Chief Referee prior to the event. (12.3.4)
- 5.3.4 BRA: No stiffening, padding or under wiring allowed. (12.3.5)
- 5.3.5 BELT- Material and Construction: The main body shall be made of leather, vinyl or other similar non- stretch material in one or more laminations, which may be glued and/or stitched together. Competitors may wear a belt. If worn it shall be on the outside of the lifting suit. (12.3.8)
- 6.3.5.1 LIFTING BELT DIMENSIONS:
- a. Width of belt maximum 100 mm.
 - b) Thickness of belt maximum 13 mm along the main length.
 - c) Inside width of buckles maximum 110 mm.
 - d) Outside width of buckles maximum 130 mm.
 - e) Tongue loops maximum width 50 mm.
 - f) Distance between end of belt and far end of tongue loop maximum 150 mm.
- 5.3.6 BANDAGES/WRIST WRAPS: Only wraps or bandages of a one ply commercially woven elastic that is covered with polyester, cotton or a combination of both materials are permitted. Bandages of rubber or rubberized substitutes are strictly forbidden. (12.3.9)
- 6.3.6.1 Bandages may be used as follows:
- a) Not exceeding 1 meter in length and 80 mm in width may be worn.
 - b) If wristbands are a wraparound style, they may have a thumb loop and Velcro patch for securing them. The thumb loop cannot be used during the lift and needs to be tucked in the wrist strap.

- c) A wrist bandage shall not extend beyond 100 mm above and 20 mm below the center of the wrist joint and shall not exceed a total covered width of 120 mm.
 - d) These items may not be worn anywhere on the body without official permission of the Jury or Chief Referee. Plasters, bandages or Band-Aid's may not be used as aids to the lifter in holding the bar. (12.3.10)
- 5.3.7 The referees shall record each item on the official inspection sheet. A copy of the inspection sheet shall be handed to the Technical Controller or head official at the end of the inspection period.
- 5.3.8 If a lifter, after the referee's inspection, changes part of his costume, belt, bandages, or wears anything, which has not been authorized or which is contrary to the rules, that athlete will be required to conform to authorized equipment within the allotted lifting time.
- 5.3.9 The use of cushions under the knees is forbidden.
- 5.4 Medical Review – During the weigh in and Kit review the athlete should make the referee's aware of any anatomical deformation or neurological disease that will impact their ability to fully stretch their arms during the lift or place their legs on the bench. A note from a doctor or medical therapist supporting the limitation would be helpful. In addition they must mention this to the chief referee at the time of their lifts.

6.0 EQUIPMENT AND SPECIFICATIONS For more detailed information please refer to the WPPPO website.

- 6.1 PLATFORM: The lifting competition should be carried out on a platform measuring between 2.5 m x 2.5 m minimum and 4.0 m x 4.0 m maximum. The surface of the platform must be flat, firm, non-slip and level. It must not exceed 10 cm in height from the surrounding stage or floor. When Powerlifting is taking place on a stage above ground level, a ramp must be provided with a non-slip surface for easy access of wheelchairs. If possible, there should be an additional ramp for the descent from the platform in order to save time. (13.2.3) If a true platform is not available for a Junior competition, the competition space should be clearly marked on the floor.
- 6.2 BAR: The bar shall be a powerlifting bar that is a standard: Olympic Bar (20kilos/44lbs). The bar shall not be changed during the competition unless it is bent or damaged in some way as determined by the referees. The bar shall be straight and well knurled and grooved and shall conform to the following dimensions (14.4):
 - 6.2.1 Total overall length not to exceed 2200 mm.
 - 6.3.2 Distance between the collar faces is not to exceed 1320 mm or be less than 1310 mm.
 - 6.3.3 Diameter of the bar is not to exceed 29 mm or be less than 28 mm.
 - 6.3.4 Weight of the bar and collars are to be 25 kg.
 - 6.3.5 Diameter of the sleeves not to exceed 52 mm or be less than 50 mm.
 - 6.3.6 There shall be diameter machined markings or the bar should be taped so as to measure 810 mm between markings or tape.

6.3 COLLARS:

- 6.3.1 Shall always be used in competition.
- 6.3.2 Must weigh 2.5 kg each and bring bar total weight to 25Kg.

6.4 WEIGHTS/DISCS: (14.5)

- 6.4.1 The preferred scale of weight is KILOS. They are required at all Level 3 competitions. Pound weights are permitted to be used at Level 1 training meets and Level 2 competitions. Records may only be set at Level 3 competitions using Kilo weights.
- 6.4.2 On all discs, whether kilo or pound, the weight must be clearly marked. Kilo weights should also have the following identifying colors.
 - 25kg. Disc must be colored red.
 - 20kg. Disc must be colored blue.
 - 15kg. Disc must be colored yellow.
 - 10kg. Disc must be colored white.
- 6.4.3 Weights should be loaded on the bar so that a heavier disk will always be closer to the inner collar. Collars must be used to secure the weights on the bar.
- 6.4.4 Additional record-breaking discs needed are (Especially for National Level meets) 5 kg., 2.5kg., and 1.25kg.

6.5 BENCH: For all competitions the bench shall be of sturdy construction and provide maximum stability and conform to the following dimensions (14.3):

- 6.5.1 Length - Shall be 2100 mm long overall and be flat and level.
- 6.5.2 Width - The main body of the bench shall be 610 mm wide, but for a distance of 705 mm from the head end, the width shall be 305 mm leaving two equal shoulders of 152.50 mm.
- 6.5.3 Height - The height shall be not less than 450 mm and not exceeding 500 mm measured from the floor to the top of the padded surface of the bench without it being depressed or compacted.
- 6.5.4 Stands - The height of the uprights on both adjustable and non-adjustable benches shall be a minimum of 750 to 770 mm to a maximum of 1000 to 1100 mm measured from the floor to the bar rest position. Minimum width between insides of bar rests shall be 1100 mm.

6.6. LIGHTS: A system of lights shall be provided whereby the referees make known their decisions. Each referee will control a white and red light. These two colors represent "a good lift" and "no lift" respectively. The lights shall be arranged horizontally to correspond with the positions of the three referees. They must be wired in such a way that they light up together and not separately when activated by the referees. For emergency purposes, i.e. a breakdown in the electrical system or at regional level 1 or 2 competitions the referees will be provided with small white and red flags or paddles with which to make known their decision on the lift.

7.0 CATEGORIES OF WEIGHT CLASSES

7.1 Bodyweight categories - WOMEN: (junior and adult classes) (10.1.2)

Class	Includes
Up to 41kg class	up to 41.0 kg
45 kg class	41.01 kg to 45.0 kg
50 kg class	45.01 kg to 50.0 kg
55 kg class	50.01 kg to 55.0 kg
61 kg class	55.01 kg to 61.0 kg
67 kg class	61.01kg to 67.0 kg
73 kg class	67.01kg to 73.0 kg
79 kg class	73.01kg to 79.0 kg
86 kg class	79.01kg to 86.0 kg
Over 86 kg class	86.01 kg and over

7.2 Bodyweight categories - MEN: (junior and adult classes) (10.1.3)

Class	Includes	Junior Changes
41kg class	up to 41.0 kg.	(Juniors Only)
45 kg class	41.01 kg to 45.0 kg	(Juniors Only)
49 kg class	Up to 49.0 kg (adults)	(Juniors 45.01 to 49.0 kg)
54 kg class	49.01 kg to 54.0 kg	
59 kg class	54.01 kg to 59.0 kg	
65 kg class	59.01 kg to 65.0 kg	
72 kg class	65.01 kg to 72.0 kg	
80 kg class	72.01 kg to 80.0 kg	
88 kg class	80.01 kg to 88.0 kg	
97 kg class	88.01 kg to 97.00 kg	
107 kg class	97.01 kg to 107.0 kg	
Over 107 kg	Over 107.0 kg	

7.3 Amputee adjustments: Additions to the bodyweight will be added for amputees as follows (10.2):

Type of Amputation	Additions (kg)	
	<u>Up to 67 Kgs b/w</u>	<u>67.01 Kgs & Over b/w</u>
For each through ankle amputation add	+½ Kg	+½ Kg
For each below knee amputation add	+ 1 Kg	+ 1 ½ Kg
For each through knee amputation add	+ 1 Kg	+ 1 ½ Kg
For each above knee amputation add	+1 ½ Kg	+2 Kg
For each complete hip disarticulation add	+2 ½ Kg	+3 Kg

- 7.4 Before each competition, a Technical Meeting shall be held to confirm the final list of competitors. After the athlete is officially weighed and registered they cannot change their weight category. During any competition, an athlete cannot compete in more than one weight category.

8.0 WEIGHING IN:

- 8.1 The weigh-in is the official process to verify the athlete's final bodyweight to confirm their competition bodyweight class. (12.5.1)
- 8.2 Weigh-in will generally be scheduled 2 hours prior to the competition start so that weigh-in is completed 30 minutes prior to the competition. The time period can be reduced if there are only a few lifters. (12.5.5)
- 8.3 Scales for weigh-in must permit an athlete to roll onto the scale or safely transfer to a chair on the scale. Level 2 competitions can weigh in using a pound or kilo scale. Level 3 competitions must use a Kilo scale. A referee will control the scale. (12.5.3)
- 8.4 The weigh-in will be carried out in a private room with the athlete, one coach or team representative, and two (2) appointed technical officials/referees. At National and regional competitions, athletes can remove clothing down to their underwear, or a swimming suit in order to make a specific weight class. Each competitor will be weighed once. Only those competitors who are under or over the limits of their class may request to return to the scales if the weight is close and they feel they can make a change prior to competition. All those seeking to reach a lower weight class may be re-weighed as often as time permits but it must be completed by the end of the weigh-in session. (12.5.10, 12.5.11)
- 8.5 When two (2) lifters register the same weight at the weigh-in preceding a competition and they achieve the same weight during the competition, they shall be re-weighed to determine the winner. If they again weigh the same after the competition, they shall be classified equal and each shall receive an award. The next place in competition will not be awarded and the next best competitor shall be ranked after that.
- 8.6 At the completion of their weigh-in, each lifter must specify their first attempt.

9.0 RULES OF COMPETITION:

- 9.1 The warm up area will open for practice as early as possible before competition, at minimum 30 minutes prior to competition if only a few lifters (3-5) and at the same time as weigh-in begins for a larger competition. All coaches and lifters must respect each other and allow equal access to the bench(es) to warm up. In a larger meet with more than one group lifting, lifters in the first group should be given preference in warming up first. (12.6.1)
- 9.2 When several lifters declare their first attempt at the same weight, they shall lift in the order determined by the drawing of lots. The lifter whose name is drawn first must lift first. In a regional or

local competition where different weight classes lift at the same time, the lower weight class will lift first.

- 9.3 For Adaptive Sports USA regional competitions, the barbell must always be a multiple of 2.5kg. After a successful attempt, the minimum increase is 2.5kg. or 5lbs. At the National competition, the minimum increase can be 1kg. The only exception to this shall be for a record attempt where it must be a multiple of 500 grams.
- 9.4 The weights announced by the announcer should be displayed on an easily visible scoreboard.
(16.1.6)
- 9.5 From calling the name, country, and weight, until the beginning of the attempt, the lifter has two (2) minutes. A second call is made after the first minute. If a lifter is following himself, he shall receive three (3) minutes to make his next attempt. Calls will be made after the first and second minute. The competitor's name shall not be called until the Chief Referee indicates to the announcer that the bar is loaded. The clock will not be started until the bar is loaded at the chest height or until the height of the upright supports are adjusted. The bar will be placed across the centers of the stands. The clock will stop when the lifter starts a deliberate attempt to lift the bar. Upon starting the clock after the lifter has been officially announced, the lifter is committed to the attempt.
- 9.6 A lifter shall have one (1) minute at the completion of his attempt to submit his subsequent attempt to the Marshall at the scoring table.
- 9.7 During any competition organized under Adaptive Sports USA or IPC rules, no one but members of the jury, the officiating referees, loaders, the coaches, and the lifters engaged in the category being contested shall be allowed in the competition area. No more than one coach per competitor is allowed.
- 9.8 The Chief Referee shall make the decision in the case of an error in the loading of the bar or an incorrect announcement by the speaker.
- 9.9 In Adaptive Sports USA competitions, a competitor or coach may make a complaint regarding the competition, at any time, on any matter, to the jury. The written/verbal complaint must be accompanied by a fee of fifty dollars (\$50.00). Should the complaint be found frivolous and not in the best interest of the competition, then the whole or a part of the complaint fee can be confiscated into the Adaptive Sports USA Treasury at the discretion of the jury.

10.0 NATIONAL RECORDS

- 10.1 Setting a Junior National Record, a lifter must perform his lift during an Adaptive Sports USA Level 3 Sanctioned competition. The head officials are to be approved by the Powerlifting Sport Technical Committee.

10.2 When two (2) lifters break the same record during the course of the competition, the lifter who first was successful with the new weight shall be the record holder. A record will only be valid if it exceeds by at least 500 grams the previous record. Fractions of 500 grams must be ignored.

10.3 The Power Lift (4th attempt)

10.3.1 The powerlift is an additional attempt available to athletes to achieve a record outside of the official competition result, following their third attempt. (15.5.12.1)

10.3.2 The power lift attempt is only permitted if the following prerequisites are met:

10.3.2.1 The third attempt must be successful.

10.3.2.2 The lift was within 10kg of breaking an established record or broke an established record. (A 4th lift is not permitted if the record is only being established for the first time.)

10.4 The conditions to be fulfilled for registration of a Junior National Record are as follows:

10.4.1 New National Records can only be achieved at Adaptive Sports USA Level 3 sanctioned meets and must be claimed within one (1) week of the competition and must be on the proper application form. Currently the only approved Level 3 competition is Adaptive Sports USA Junior Nationals.

10.4.2 The application must be signed by the Chief Referee and the two other referees.

10.4.3 Two (2) copies must be sent to the Records Supervisor of Adaptive Sports USA. The date of the postmark shall be proof of the date claim is submitted.

10.4.4 A new National Record will only be valid if it exceeds the previous record by at least one (1) pound (.5kg).

10.4.5 Records are published on the Powerlifting section of the Adaptive Sports USA website.

10.4.6 World records should follow the World Para Powerlifting Rules section 16.5.

11.0 QUALIFYING STANDARDS

11.1 The Adaptive Sports USA Powerlifting Sport Technical Committee establishes the qualifying standards for all National competitions sanctioned by Adaptive Sports USA.

11.2 National Qualifying Standards: Adult, Junior and U23 Male and Female standard to compete is a clean lift raising a 20Kg bar.

11.3 These standards may change every two (2) years after a review by the sport technical committee.

11.4 The competitors may only be entered in the body weight categories for which they have obtained the qualifying standards.

12.0 JUNIORS

- 12.1 Competitors become eligible to compete in this sport on the day of their 14th birthday unless competing on an international level. (See IPC ruling).
- 12.2 Junior athletes have from August 1 until the Adaptive Sports USA Junior Nationals registration deadline to meet the qualifying standards.
- 12.3 Juniors will follow rules and regulations set forth by the WPPPO rules and this Adaptive Sports USA rulebook for Powerlifting. Juniors and U23 competitors will use the same classes as the adults with the addition of two lower weight classes for males (Up to 41kg, 41.01 to 45kg).
- 12.4 At regional competitions offering powerlifting for juniors: Qualifying for juniors shall be a successful lift of a 20K Olympic bar (or equivalent 45lbs.) at any sanctioned Level 2 or 3 Adaptive Sports USA competition or any competition sanctioned by any DSO or able-bodied federation (There must be a Proof of Performance letter from the organizer that the lift was accomplished with a copy of their rules and published results).
- 12.5 Juniors may only set National Records at an Adaptive Sports USA Level 3 competition that uses Kilo weights and shall be applied for in the same manner as adults.
- 12.6 At the Adaptive Sports USA Junior Nationals, all first year competitors and their coaches will have a mandatory rules and lifting review session prior to the competition.
- 12.7 At the Adaptive Sports USA Junior Nationals, the Powerlifting Press is the only lifting event.

13.0 Anti-Doping

- 13.1 Adaptive Sports USA Powerlifting follows the International Paralympic Committee (IPC) Anti-Doping Code (located on the IPC website) which applies to all IPC Games, IPC Competitions, and WPPPO Sanctioned Competitions as well as Adaptive Sports USA sanctioned Powerlifting Competitions. (5.0)

14.0 Adaptive Sports USA Powerlifting Sanctioning

14.1 Adaptive Sports USA Sanctioned Event: Powerlifting Level One

Training Meet (ex: Introduction to the sport)

14.1.1 A bench subject to IPC specifications is required. You can use equipment to modify the bench to conform to these.

14.1.2 Warm-up benches are optional.

14.1.3 Weights used can be either kg or lbs.

14.1.4 Scale used can be either kg or lbs.

14.1.5 Equipment such as a stop watch for timing, resin and/or chalk, straps, and an official's lift indicators are to be used ("lift" or "no lift").

14.1.6 Should have three officials.

14.2 Adaptive Sports USA Sanctioned Event: Powerlifting Level Two

A more serious event that should attract Adult & Junior Competitors

14.2.1 An IPC-approved bench manufactured by Eleiko or Eagle Sports.

14.2.2 Must have a minimum of 1 warm-up bench if more than 10 lifters.

14.2.3 Weights used can be either kg or lbs.

14.2.4 Scale used can be either kg or lbs.

14.2.5 Equipment such as a stop watch for timing, resin and/or chalk, straps, 20K or 44lb. olympic bar and official's lift indicators are to be used ("lift" or "no lift").

14.2.6 Must have 3 officials, one of which must be experienced in para powerlifting and approved by the Powerlifting Sport Technical Committee.

14.3 Adaptive Sports USA Sanctioned Event: Powerlifting Level Three

This event will attract top-level competitive athletes, as well as the emerging elite athletes

14.3.1 Adult *and* juniors can set records at these meets.

14.3.2 An IPC-approved bench manufactured by Eleiko or Eagle Sports.

14.3.3 Must have a minimum of 1 warm-up bench and more depending on the number of competitors.

14.3.4 Kilo Weights must be used. Record-breaking weights must be available.

14.3.5 Scale used must be kg.

14.3.6 Equipment needed is a visual time display/stopwatch, resin or chalk, official's lift indicator ("lift" or "no lift"), and two straps, 20K Olympic kg bar, 140kg (300lbs), two locking collars for each bench.

14.3.7 Must have 3 experienced para powerlifting officials approved by the Powerlifting Sport Technical Committee.

Approval for officials should be submitted to the Chair of the Power Lifting STC or the Regional STC Representative responsible for the competition.

Appendix 1 KILO TO POUNDS CONVERSION CHART

To convert kilos to pounds, multiply by 2.2046. AAU weightlifting rules state that pound be rounded off by reducing to the nearest quarter. An example: 107.5 kilos multiplied by 2.2046 equals 236.99450. The poundage then becomes 236.75 rather than 237.

KILOS	POUNDS
25	55
27.5	60.5
30	66
32.5	71.5
35	77
37.5	82.5
40	88
42.5	93.75
45	99.25
47.5	104.75
50	110.25
52.5	115.75
55	121.25
57.5	126.75
60	132.25
62.5	137.75
65	143.25
67.5	148.75
70	154.25
72.5	159.75
75	165.25
77.5	170.75
80	176.25
82.5	181.75
85	187.5
87.5	193
90	198.5
92.5	204
95	209.5
97.5	215
100	220.5
102.5	226
105	231.5
107.5	237

KILOS	POUNDS
110	242.5
112.5	248
115	253.5
117.5	259
120	264.5
122.5	270
125	275.5
127.5	281
130	286.5
132.5	292
135	297.5
137.5	303
140	308.5
142.5	314
145	319.5
147.5	325
150	330.5
152.5	336
155	341.5
157.5	347
160	352.5
162.5	358.25
165	363.75
167.5	369.25
170	374.75
172.5	380.25
175	385.75
177.5	391.25
180	396.75
182.5	402.25
185	407.75
187.5	413.25
190	418.75
192.5	424.25

KILOS	POUNDS
195	430
197.5	435.25
200	440.75
202.5	446.25
205	451.75
207.5	457.25
210	462.75
212.5	468.25
215	473.75
217.5	479.5
220	485
222.5	490.5
225	496
227.5	501.5
230	507
232.5	512.5
235	518
237.5	523.5
240	529
242.5	534.5
245	540
247.5	545.5
250	551
252.5	556.5
255	562
257.5	567.5
260	573
262.5	578.5
265	584
267.5	589.5
270	595
272.5	600.75
275	606.25
277.5	611.75

Appendix 2 ADAPTIVE SPORTS USA POWERLIFTING RECORD APPLICATION FORM

In accordance with Adaptive Sports USA rules, this form must be signed by the three referees.

We, the undersigned referees, have witnessed the correct performance of the above feat, and have checked the weight of the bar/weights and lifter as required by the rules of Adaptive Sports USA. Records can only be set at a sanctioned Level 3 competition.

Event Name: _____

Date of Competition: _____

Address of Competition: _____

Meet Director's Name: _____

Athlete's Name: _____

Gender: M___F___

Adaptive Sports USA Membership Number: _____

Full Date of Birth _____ Age Group _____

US Citizen? YES / NO (Circle One)

Competition Body Weight _____ In Kg

Weight Class _____

Record Lift _____ **in Kg**

CHIEF REFEREE (Print): _____

CHIEF REFEREE (Signature): _____

PHONE/CONTACT: _____

2nd Referee

(Print) _____ Sign _____

3rd Referee

(Print) _____ Sign _____

Submit all record forms within 2 weeks to Pam Chiavaroli, Adaptive Sports USA Records Supervisor, 7207 Cheshire Ct., Hudson, FL 34667 bayonetpointengine@gmail.com