

Classification Information Sheet

Powerlifting

Introduction

This information is intended to be a general guide to classification for IPC Powerlifting. It is not to be used to make classification or athlete selection decisions. The classification of athletes in this sport is performed by authorised classifiers according to the classification rules of the sport, which are determined by the International Federation for the sport. Sport Classification Rules change from time to time, and this guide represents the classification system current at the date of publication.

Which Disability groups can compete in this sport?

In Powerlifting, athletes with amputations and other disabilities can compete together against athletes with Cerebral Palsy, wheelchair athletes and athletes with short stature.

To become eligible for Powerlifting competition, the athletes must meet minimum disability criteria as outlined below.

What is the Minimal Disability?

In order to be eligible to compete in a sport as an athlete with a disability, it is not sufficient simply to have a disability. Specific and objective testing is used to determine whether a person's disability results in sufficient limitation of their ability to perform the core elements of the relevant sport. This is different for each sport and is termed the minimal disability criteria. Only authorised classifiers are able to determine whether a person meets the minimal disability criteria for a particular sport. Below is a rough guide to the criteria – it should not be used to provide athletes with advice regarding eligibility.

Paralympic Group	Minimal Disability – GUIDE ONLY
Cerebral Palsy or Acquired brain injury	Minimal but obvious impairment of functions, evidence of spasticity and / or involuntary movement in at least one limb.
Amputees and Other Disabilities (les Autres)	Amputation through or above the ankle of one leg. Slightly reduced function in the legs or slight balance problems.
Spinal cord injuries and spina bifida	Athletes must have at least 10% loss of function of their lower limbs.
Short Stature	Maximum height of 145cms and must exhibit other disabilities.

Competitors must have the ability to fully extend the arms with no more than a 20-degree loss of full extension on either elbow to make an approved lift according to the rules. If an athlete has a significant impairment in the upper body, which the classification team see as a potential high risk for injury, the athlete may not be eligible for competition. All eligible participants must be determined physically fit by a medical professional.

Classification Information Sheet

What are the Paralympic classes for this sport?

Male and female athletes who meet the minimal disability criteria are eligible to compete in powerlifting.

Classification	Criteria
E (Eligible)	Meets the minimal disability for the sport.
NE (Not Eligible)	Does not meet the minimal disability for the sport.

Competitors are classed according to weight categories.

WOMEN		MEN	
40.00kg class	(Up to 40.00kg)	48.00kg class	(Up to 48.00kg)
44.00kg class	(40.01-44.00kg)	52.00kg class	(48.01-52.00kg)
48.00kg class	(44.01-48.00kg)	56.00kg class	(52.01-56.00kg)
52.00kg class	(48.01-52.00kg)	60.00kg class	(56.01-60.00kg)
56.00kg class	(52.01-56.00kg)	67.50kg class	(60.01-67.50kg)
60.00kg class	(56.01-60.00kg)	75.00kg class	(67.51-75.00kg)
67.50kg class	(60.01-67.50kg)	82.50kg class	(75.01-82.50kg)
75.00kg class	(67.51-75.00kg)	90.00kg class	(82.51-90.00kg)
82.50kg class	(75.01-82.50kg)	100.00kg class	(90.01-100.00kg)
82.50kg+ class	(82.51kg+)	100.00kg+ class	(100.01kg+)

Further Information

APC National Classification Manager

E-mail: classification@paralympic.org.au

Tel: +61 2 9704 0500

Australian Paralympic Committee Website:

<http://www.paralympic.org.au/Sport/Classification/>

IPC Powerlifting Website:

www.ipc-powerlifting.org