

ADAPTIVE SPORTS, USA

POWERLIFTING SPORT TECHNICAL RULES



2017- 2020

Official Rules, Records, and Qualifying Standards

ADAPTIVE SPORTS USA NATIONAL OFFICE
Phone: (720) 412-7979
Fax: (866) 204 8918
Email: nationaloffice@adaptivesportsusa.org
Sport Technical Advisor - Debbie Armento
Email Address: debra.armento@sbschools.org

**** Throughout these words him, his, himself, and he include both male and female participants. The following rules are in line with IPC Powerlifting Rules, with slight adaptations to meet the needs of our athletes/members of Adaptive Sports USA (ASUSA). For more in depth information please go to the IPC website under Powerlifting. www.paralympic.org/Powerlifting**

These rules are confirmed for 2017. Please be advised that the rules could change prior to 2020.

1.0 DISABLED ATHLETES

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

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

1.1 Les Autres, 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 (must be ratified) could be accepted for medical reasons. (Orthotics or special shoes are allowed)

1.2 Cerebral Palsy

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 ratified (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 prosthesis is allowed and orthotics with shoes will be allowed for Les Autres and Spinal Cord Injured. **(Please refer to the weight class section for additional rules for amputees.)**

2.0 GENERAL RULES:

- 2.1 The bar shall be placed across the lifter, on the stands, and will be horizontal.
- 2.2 The **spacing** of the hands shall not exceed **81 cm** measured between the forefingers.

- 2.3 The lifter must grip the bar with the thumbs around grip.
- 2.4 Any lifter is allowed to be strapped to the bench with the official strapping belt or with his approved, personal strapping belt. Maximum width of any strapping belt is **10 cm** and must be strapped from the thigh to the knee cap and another strap from the around the ankles
- 2.5 To hold the legs for balance and to restrain involuntary movement's lifters will be allowed to use maximum of two (2) strapping belts.
- 2.6 Strapping is allowed on the legs from the ankles to the hips and as low as possible for amputees without hips.
- 2.7 Strapping of the legs must be done by the lifter himself, the coach or the spotter/loaders under the supervision of the referees.

3.0 LIFTS

The International Wheelchair and Amputee Sports Federation (IWAS) recognize one lift, which must follow all IPC Rules: the Powerlifting Press.

The Weightlifting Press and Powerlifting Press are recognized in Adaptive Sports USA Regional competitions only. It is highly recommended that athletes lift only in a 24-hour period. At all National meets, including Junior Nationals, there will only be one lift, the Powerlifting Press.

Both lifts must be executed with two hands. Only three attempts are allowed in each lift. (Unless a record is to be broken then see the rules on permitting a fourth lift at sanctioned competitions.)

3.1 Powerlifting Press

- 3.1.1 Only the official spotter/loaders are allowed to help the lifter to remove the bar from the racks.
- 3.1.2 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 arms length and not down to the chest.
- 3.1.3 After receiving the bar at arms 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.
- 3.1.4 The signal shall consist of a **downward movement with the hand** and the **audible command "start "**.
- 3.1.5 After receiving the signal, the lifter must lower the bar to the chest; hold it motionless on the chest. (Showing the ref the you stopped without the bar pressing in to the body.) At National and Regional Lifts, a verbal command will

be permitted for athletes upon request, "press" and the athlete then presses the bar upwards with an even extension of the arms to arms length. All experienced lifters are encouraged to lift without a command. (*Internationally there is no command to press the bar.*) When held motionless in this position the audible signal "rack" with a handmotion shall be given together with a backward movement of the arm.

3.2 Weightlifting Press

The Chief Referee's will give an audible signal (CLAP) and/or verbal command, "Lift" and the athlete then presses the bar upwards with an **even** movement and then extension of the arms to arms length with elbows locked. An audible signal ("DOWN") and/or command "down" upon completion of the lift. The command, "DOWN" must be accompanied by a downward motion of the arm.

3.2.1 The coach is allowed to help his competitor on arrival or leaving the platform. During the lift coaches shall remain within the designated coaching area as defined by the Jury or Technical Controller in charge. (THIS APPLIES TO BOTH LIFTS)

3.3 Athlete Bench Call:

3.3.1 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.

3.3.2 If a lifter is following himself/herself (e.g. fourth record attempt), he shall receive three (3) minutes instead of two (2) minutes to make his next attempt.

3.3.3 The lifter or the coach will be allowed **one minute** to indicate the next attempt the appointed **Marshall**. The one-minute starts at the moment the lifter has left the bench, at the discretion of the Marshall.

4.0 CAUSES FOR DISQUALIFICATION:

4.1 Failure to observe the referee's signals at the commencement or completion of the lift.

4.2 Any change in the elected lifting position during the lift proper, e.g. shoulders, buttocks or feet from their original points of contact with the bench, or lateral movement of the hands on the bar.

4.3 Heaving, bouncing, or sinking the bar after it has been motionless on the chest.

4.4 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.

4.5 Any downward movement of the bar in the course of being pressed out.

- 4.6 Failure to press the bar to full extension of the arms at the completion of the lift.
- 4.7 Contact with the bar by spotter/loaders between the Chief Referee's signals.
- 4.8 Deliberate contact between the bar and the bar rest supports during the lift in order to make the press easier.
- 4.9 Passed time.
- 4.10 Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualifications.
- 4.11 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.

5.0 REFEREES:

- 5.1 The referees shall be three in number, the Chief Referee or Centre Referee and two side referees.
- 5.2 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.
- 5.3 Signals required for the powerlifting are as follows: Please refer to Rule 3.1.5
 - 5.3.5 Completion: A visual signal consisting of a backward movement of the arm together with the audible command "**Rack**" will be given.
- 5.4 Once the bar has been replaced in the racks, the referees will announce their decisions by means of the lights or flags.
 - 5.4.1. **WHITE:** For a "**good lift**"
 - 5.4.2. **RED:** For a "**no lift**"
- 5.5 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 will be seated with his back to the audience but, in agreement, an exception can be allowed.
- 5.6 Before the contest, the three referees shall jointly ascertain that:
 - a. The platform and competition equipment comply in all respects with the rules. Bars and discs are checked for weight discrepancies and defective equipment discarded.
 - b. The scales work correctly and are accurate.
 - c. The lifters weigh in within the limits of weight and time for their bodyweight category.

- d. The lifter's costume and personal equipment comply with the rules in all respects.

6.0 ATHLETE CHECK-IN:

- 6.1 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.
- 6.2 Items to be inspected at the check-in/weigh-in by the referees or Jury are: Costume: Lifting suit/pants — T-shirt — Bra (females)— Socks — shoes/sneakers.
- 6.3 Lifters must appear in correct and tidy dress, which can consist of:

6.3.1 SUIT:

General Suit Requirement: A tight fitting lycra type material, work out 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: 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), with out any additional patches or padding. The straps must be worn over the shoulders at all times while lifting in competition. www.paralympic.org/Powerlifting

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)

6.3.2 T-SHIRT:

"T-Shirt", of any color or colors, must be worn under the lifting suit. The t- shirt is subject to the following conditions: Equipment: Bandages/Wrist Straps — Belt Personal strapping belt. **Must have sleeves but fall not below the elbows and are not to roll them up for competition. All shirts are to be tucked into the pants.**

- a. Is not ribbed.
- b. Does not consist of any rubberized or similar stretch material.
- c. Does not have any pockets, buttons, zippers, collar or V-neck.

- d. Is made either exclusively of cotton or polyester, or a mixture of both.
- e. Fits loosely enough on the lifter's body to ensure that it does not afford the lifter any physical support.

Permitted: The official T-Shirt of the competition in which the lifter is lifting in or team shirt that bears the badge, logo, and/or inscription of the lifter's team, nation, national or regional federation/ sponsor. **The sponsor's logo must also conform to item: Rule 13.8.8.**

6.3.3 SHOES:

Lifting is not allowed without shoes unless a **doctor's statement** is written and sent to the event's classifier prior to the event. (For international rules see the governing web sites.)

6.3.4 BRA:

No stiffening, padding or under wiring allowed.

6.3.5 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.

For international competition information please refer to the websites of the governing body.

Competitors may wear a belt. If worn it shall be on the outside of the lifting suit.

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.

6.3.6 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 or medical crepes are permitted. **Bandages of rubber or rubberized substitutes are strictly forbidden.**

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. A combination of the two is not permitted.

b. If wristbands are wrapping around style, they may have a thumb loop and Velcro patch for securing them. The thumb loop can not be use 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-aids may not be used as aids to the lifter in holding the bar.

6.3.8 IPC Powerlifting Passport (For international competitors only)

6.3.9. 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.

6.3.10. 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.

6.3.11. The use of cushions under the knees is forbidden.

7.0 EQUIPMENT AND SPECIFICATIONS

For more detailed information please refer to the IPC weightlifting rules found on their website.

7.1 PLATFORM: The lifting shall 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.

7.2. BAR: Bar shall be a powerlifting bar that is a standard: Olympic Bar (20kilos/45lbs). 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:

- a. Total overall length not to exceed 2200 mm.
- b. Distance between the collar faces is not to exceed 1320 mm or be less than 1310 mm.
- c. Diameter of the bar is not to exceed 29 mm or be less than 28 mm
- d. Weight of the bar and collars are to be 25 kg.
- e. Diameter of the sleeves not to exceed 52 mm or be less than 50 mm.
- f. There shall be a diameter machined marking or the bar taped so as to measure 810 mm between marking and tape.

7.3. COLLARS:

- a. Shall always be used in competition.
- b. Must weigh 2.5 kg each.

7.4 WEIGHTS/DISCS

On all discs, the weight must be clearly marked. The bar must be loaded so that a heavier disc will always be closer to the inner collar. Collars must be used. The disc shall meet the following specifications: diameter of the largest disc: 45 cm.

Additional record-breaking discs needed are (Especially for National Level meets) 5kg., 2.5kg., and 1.25kg.

International: Kilo weights are used.

The following identifying colors must be used for international competitions:

25kg. Disc must be colored red.

20kg. Disc must be colored blue.

15kg. Disc must be colored yellow.

10kg. Disc must be colored white.

National/Regional Lifts: Pound weights can be used. (Weights need to be certified/checked prior to competition)

7.5. BENCH: www.paralympic.org/Powerlifting

For all competitions the bench shall be of sturdy construction and provide maximum stability and conform to the following dimensions:

- a. Length Shall be 2100 mm long overall and be flat and level.
- b. 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.
- c. 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.

d. 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.

7.6. 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 the referees will be provided with small white and red flags *or* paddles with which to make known their decision on the

8.0 REFEREE'S AUDIBLE COMMANDS

- 8.1 After the chief referee's "DOWN" signal to replace the bar, the lifter must lower the bar and not let it drop either deliberately or accidentally.
- 8.2 A lifter's final position shall be calculated in accordance with the best lift accepted/ corrected by the referees. Only three attempts are permitted. A fourth attempt outside the competition cannot be included in the final result. (Only to note national records for Adaptive Sports USA)
- 8.3 When lifting **internationally** you must follow IPC rules and have an IPC "Powerlifting Passport"
- 8.4 If the competitor cannot fully stretch his arms resulting from anatomical deformation of his elbow he must report this fact: to the event classification team and to the referees prior to competition. (Note from Doctor or medical therapist)
- 8.5 If the competitor cannot fully stretch his legs resulting from anatomical deformation or neurological disease he must report this fact: to the event classification team and to the referees prior to competition.

9.0 CATEGORIES OF WEIGHT CLASSES:

9.1 There are ten (10) categories of competition. For adult males there are two (2) divisions in each weight class. Division one will be ASUSA classes (2&3); division tw will be ASUSA classes (4&5).

9.2 Bodyweight categories - WOMEN: (junior and adult classes)

Class	Includes	Class	Includes
41kg. class:	up to 41.00 kg.	67 kg class	61.01 kg to 67.0 kg
45 kg class	41.01 kg to 45.0 kg	73 kg class	67.01 kg to 73.0 kg
50 kg class	45.01 kg to 50.0 kg	79 kg class	73.01 kg to 79.0 kg
55 kg class	50.01 kg to 55.0 kg	86 kg class	79.01 kg to 86.0 kg
61 kg class	55.01 kg to 61.0 kg	Over 86 kg class	86.01 kg and over

9.3 Bodyweight categories - MEN: (junior and adult classes)

Class	Includes	Junior Changes	Class	Includes
41kg. class:	up to 41.00 kg.	(Juniors Only)	72 kg class	65.01 kg to 72.0 kg
45 kg class	41.01 kg to 45.0 kg	(Juniors Only)	80 kg class	72.01 kg to 80.0 kg
49 kg class	Up to 49.0 kg (adults)	(Juniors 45.01 to 49.0 kg)	88 kg class	80.01 kg to 88.0 kg
54 kg class	49.01 kg to 54.0 kg		97 kg class	88.01 kg to 97.00 kg
59 kg class	54.01 kg to 59.0 kg		107 kg class	97.01 kg to 107.0 kg
65 kg class	59.01 kg to 65.0 kg		Over 107 kg	Over 107.0 kg

9.4 Amputees:

Additions to the bodyweight will be added for amputees as follows:

- o For each through **ankle amputation:**
12 kg up to — 67.50 kg 12 kg from + 67.5 kg up to + 100 kg
- o For each **below knee amputation:**
1kg up to — 67.50 kg 1 12 kg from + 67.5 kg up to +100 kg
- o For each **above knee amputation:**
1 12 kg up to — 67.50 kg 2 kg from + 67.5 kg up to + 100 kg
- o For each **hip disarticulation:**
2 12 kg up to — 67.50 kg 3 kg from + 67.5 kg up to +100 kg

All competitions conducted under Adaptive Sports USA/IPC rules should follow this sequence of bodyweight categories without rearranging the order of the competitions. However, at the discretion of the competition organizer, bodyweight categories may be combined during the competition.

9.5 Before each competition, a Technical Conference shall be held for the final nomination of competitors. Information concerning the name, bodyweight category, date of birth, and best weight achieved for each lift and total achieved by each competitor must be given. After this nomination, the name of the competitors cannot be modified and the WASUSA: 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 category.

10. DRAWING OF LOTS AND WEIGHING IN:

10.1 The drawing of the lots for international or higher level competitions shall follow the IPC rules. The weigh-in room will be closed. The only persons allowed in the room are the referees assigned for the bodyweight class, the lifter, and one coach or trainer.

10.2 Weigh-In (Scale that is accessible is required or adapted.)

1.) Officials will post the athlete list after all the competitors have been weighed in. All elite competitors shall be weighed nude. National, juniors, and regional competitions weigh athletes in underwear, or in swimming suits. 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.

2.) They are allowed one (1) hour from the weigh-in session or until all competitors have been weighed in, whichever is longer to make the declared category. Then those re-weighing may have as many opportunities as time allows to re-weigh in. It is to be done in an orderly fashion with consideration given to others. Only one (1) re-weigh will be allowed if the time limit has expired.

10.3 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.

10.4 A referee must control the scales and verify the bodyweight.

10.5 During the weigh-in, the lifter must specify the first attempt.

11.0 RULES OF COMPETITION

11.1 For each lifter the bar is loaded progressively, the lifter taking the lowest weight lift first. In no case, can the bar be reduced to lighter weight after a lifter has informed the official with the weight or has already lifted. The lifters, or their coaches, must therefore observe the progressive loading and be ready to make their attempt at that weight they have chosen. Only two (2) changes of a weight per attempt will be permitted.

11.2 One (1) or more officials shall be appointed to the organizers. The organizer shall appoint the officials for any sanctioned contest approved IPC/or ASUSA for international competition you should refer to the official IPC RULES. It is recommended to provide officials to the following positions:

Scorers
Spotters/Loaders
Speaker/Announcer
Time Keeper (Preferably having referee status).

Plus any other official considered necessary for the efficient conduct of the contest.

- 11.3 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.
- 11.4 A lifter, taking his first attempt must precede a lifter taking his second or third attempt with the same weight. Similarly, a lifter taking his second attempt must precede a lifter wanting to take his third attempt with the same weight. If lifters arrive at the same attempt with the same weight, they shall lift in the order determined by the drawing of lots. The lifter whose name is drawn first shall lift first.
- 11.5 For Adaptive Sports USA competitions, the barbell must always be a multiple of 2.5kg. the only exception to this shall be for a record attempt where it must be a multiple of 500 grams. After a successful attempt, the minimum increase is 2.5kg.
- 11.6 The weights announced by the speaker must be immediately displayed on an easily visible scoreboard.
- 11.7 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 him self 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. A lifter shall have one (1) minute at the completion of his attempt to submit his subsequent attempt to the Competition Secretary. Upon starting the clock after the lifter has been officially announced, the lifter is committed to the attempt.
- 11.8 During any competition organized under Adaptive Sports USA or IPC rules, nobody but members of the jury, the officiating referees, loaders, the coaches, and the lifters engaged in the category being contested shall be allowed around the competition area. No more than one coach per category is allowed.
- 11.9 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.
- 11.10 All decisions by the Chief Referee must be given to the speaker who will then make an appropriate announcement.
- 11.11 In ASUSA competitions, a team member may make a complaint at any time, on any matter, to the jury. The written/verbal complaint must be accompanied by a fee fifty dollar (\$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 ASUSA Treasury at the discretion of the jury.

- 11.12 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.

12.0 NATIONAL RECORDS

- 12.1 Setting a National Record, a lifter must perform his lift during an Adaptive Sports USA Sanctioned competition. The head officials are to be approved by the Weightlifting Committee/Chairperson.
- 12.2 To set a Junior National Record, a lifter must perform his lift during the Adaptive Sports USSA Junior National Championship.
- 12.3 The conditions to be fulfilled for registration of a National Record are as follows:

All new National Records created only at Adaptive Sports USA sanctioned meets and must be claimed within one month on the proper application form. 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. e) A new National Record will only be valid if it exceeds the previous record by at least one (1) pound (.5kg.).

13.0 WORLD RECORDS: Please refer to IPC Rules 14.0

JURY:

- 14.1 For major competitions, a jury can or shall be appointed as needed.
- 14.2 The members of the jury shall be the senior available referees.
- 14.3 The function of the jury is to ensure that the technical rules are being applied correctly.
- 14.4 During the competition, the jury may, by a majority vote, replace any referee whose decisions prove him to be incompetent, provided that such a referee is first warned about his decisions.
- 14.5 The impartiality of referees cannot be doubted, but a mistake in refereeing can be committed in good faith. In such a case, the referee is first warned about his decisions.
- 14.6 Each member of the jury shall have three (3) red protest cards, marked 1,2,3. If a member of the jury wishes to query a decision of any referees, he shall place the card with the corresponding number on the table in front of the President of the Jury. The President of the Jury must consult all members of the jury and take appropriate action according to the majority decision. 10.7 When a serious mistake, contrary to the technical rules, occurs in the refereeing, the jury can take the appropriate action to correct the mistake, including the right to grant the lifter another attempt.

15.0 QUALIFYING STANDARDS:

- 15.1 The technical sub-committee has set the following qualifying standards for all

National competitions sanctioned by Adaptive Sports USA.

- 15.2 National Qualifying Standards: Adult/Male and Female is to compete with a clean lift raising the bar.
- 15.3 These standards may change every two (2) years after a sport technical committee meeting and agreement by all participative parties
- 15.4 The competitors may only be entered in the body weight categories for which they have obtained the qualifying standards.
- 15.5 The final nomination of competitors is done at a technical meeting prior to the competition.

16.0 JUNIORS:

- 16.1 Competitors become eligible to compete in this sport on the day of their 14th birthday unless competing on an international level. (See ipc ruling).
- 16.2 Junior athletes have from August 1 until the National Junior Championships registration deadline to meet the qualifying standards.
- 16.3 Juniors will follow rules and regulations set forth by the IPC Powerlifting rules and the Adaptive Sports USA rulebook for Powerlifting. All junior athletes will use the adult female weight classes with the exception of male Juniors in the U23 division will utilize the adult male weight classes. This division is defined for powerlifting as 20 to the day of their 23rd birthday.
- 16.4 At regional competitions offering weightlifting for juniors: Qualifying for juniors **shall be a successful lift** at any sanctioned Adaptive Sports USA competition or any competition sanctioned by any DSO or able- bodied federation (There must be a letter from the organizer that the lift was accomplished with a copy of their rules).
- 16.5 Juniors may only set National Records at the Adaptive Sports USA, Junior National Championship and shall be applied for in the same manner as adults.
- 16.6 For the Junior National Championships, it is recommended that the power press and weightlifting press be contested on separate, consecutive evenings.
- 16.7 Male and female "E" division athletes will hold separate records.
- 16.8 At the Junior National Championships, all first year competitors and their coaches will have a mandatory rules and lifting training session prior to the competition.
- 16.9 Junior competitors are recommended to compete in Powerlifting Press or Weightlifting Press, choosing a lift in a 24 - hour period. If the competition is in a two -day period then lifting two lifts would be safer for the lifters. (Keeping in mind that the Powerlifting Press is the only lift for Junior Nationals.)

16.10 All lifts must be completed during the scheduled competition dates/events. 17.11

All junior competitors must make at least one good lift at a sanctioned regional competition.

16.12 In the case of a tie, the lighter competitor will be classified/awarded before the heavier one.

16.13 When two or more competitors obtain the same result in a competition where they registered at the same body weight, they will be classified equal and will receive the same type of medal, same place and points. The following medals and places, according to the number of equally classified competitors, shall not be awarded and the next best competitor will be classified according to the number of places left out. *EXAMPLE:* A, B, and C competitors all weighed in at 95.50 kg. and their total is 375 kg. Competitors A, B, and C will each be awarded a gold medal, 1st place, and 11 points. Competitor D will be awarded 4th place and 7 points. (The same formula will be utilized to determine the final classification of competitors for the two individual lifts.)

17.0 DOPING CONTROL:

For all International Wheelchair and Ambulatory Sports Federation (IWAS) - sanctioned events, doping control must be available according to the procedures of the IWAS Medical Committee, IWAS General Rules, and the specific rules and sanctions of the IWAS Weightlifting Section.

18.0 KILO CONVERSION TABLE

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
45	93.5
47.5	99
50	110
52.5	115.5
55	121.25
67.5	148.25
70	154.25
72.5	159.75
75	165.25
77.5	170.75
80	176.25
82.5	181.75
85	187.25
87.5	192.75
90	198.25
92.5	203.75
95	209.25
97.5	214.75
100	220.25
102.5	225.75
105	231.25
107.5	236.75

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
135	297.5
137.5	303
140	308.5
152.5	336
155	341.5
157.5	347
160	352.5
162.5	358
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

KILOS	POUNDS
190	418.75
195	429.75
197.5	435.25
200	440.75
202.5	446.25
205	451.75
207.5	457.25
210	462.75
215	473.75
217.5	479.5
220	485
232.5	512.5
235	518
237.5	523.5
240	529
242.5	534.5
245	540
247.5	545.5
250	551
52.5	556.5
255	562
257.5	567.5
260	573
262.5	578.5
265	584
267.5	589.5



ADULT ADAPTIVE SPORTS USA WEIGHTLIFTING RECORD FORM

In accordance with Adaptive Sports USA rules, this form must be signed by the head referees, the official, and the athlete; We, the undersigned officials, referees, two judges 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

Event Name: _____

Date of Competition: ____

Address of Competition: _____

Meet Director's Name: _____

Meet Director's Contact Information: _____

Athlete's Name: _____

Adaptive Sports USA Membership Number: _____

Club/Team Affiliation: _____

Address: _____ Zip

Code: _____

Phone/Cell Number: _____

Bodyweight: _____ Sex: M/F

Date Of Birth: _____

CHIEF REFEREE (Print): _____

CHIEF REFEREE (Signature): _____

PHONE/CONTACT: _____

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

20.0 WEIGHT CLASSES

Junior athletes will use the adult weight classes with the exception of juniors in the "E" division they will utilize the adult weight classes and will compete in their own division.

All junior competitors must make at least one good lift at a sanctioned regional competition to qualify for competing at Junior Nationals.

*US Weightlifting Federation no longer formally exists. All members are now members of Adaptive Sports USA, under the leadership of the Weightlifting Sport's Technical Committee.

21.0 WEIGHTLIFTING NATIONAL RECORDS - Adaptive Sports USA retired all records set prior to 5/1/2013