

Para Powerlifting



All eligible athletes compete in one sport class, but in different weight categories. The winner is the athlete who lifts the highest number of kilograms. In powerlifting, each athlete has three attempts, and upon discretion of the jury a fourth attempt may be allowed to achieve a new world record, but this attempt does not count towards the final competition result. For further information, please visit the World Para Powerlifting Rules and Regulations.

The Sport is governed by International Paralympic Committee (IPC).

Eligibility:

Impaired muscle power	Hypertonia	Limb deficiency	Leg length difference
Athetosis	Impaired passive range of movement	Ataxia	Short stature

Classification:

There is only one sport class in Powerlifting, but the athletes compete in different weight categories just like their able-bodied counterparts in weightlifting.

Powerlifting is open to athletes with all eight eligible physical impairments. All athletes have an impairment in their lower limbs or hips, which would prohibit them from competing in able-bodied (standing) weightlifting. In Powerlifting, they therefore compete in bench press. Athletes with leg amputations above the ankle or stiffness of the knee joint would, for example, be eligible to compete.

Aside from classification, there are some sport-technical rules regarding safety that require the classifiers to also verify e.g. a safe grip of the lifting bar and the ability of the athlete to extend the upper limb in full. Failure to do so will lead to exclusion from the sport for safety reasons.