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**1. SPORT:** POWERLIFTING

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**2. DESCRIPTION:**

Athletes with a disability must have the ability to fully extend the arms with no more than a 20-degree loss of full extension on either elbow when making an approved lift according to the rules for their bodyweight.

Men compete in the 48kg, 52kg, 56kg, 60kg, 67.5kg, 75kg, 82.5kg, 90kg, 100kg and +100kg divisions.

Women compete in the 40kg, 44kg, 48kg, 52kg, 56kg, 60kg, 67.5kg, 75kg, 82.5kg and +82.5kg divisions.

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**3. PARTICIPANTS:**

3.1 Open to athletes in Wheelchair classification and blind classification.

3.2 Athlete must be a minimum of 14 years of age

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**4. CLASSIFICATION:**

**4.1 Introduction**

Although the IPC designates those athletes with Cerebral Palsy, wheelchair users and Amputee and Les Autres are eligible for the sport of Powerlifting. The Ontario Games Council approved the inclusion of athletes with visual impairments and blindness under a Grandfather Clause at the OPSC level.

**Special Conditions:**

- i. The competitor must have reached his or her 14th birthday at the time of competition (Handbook Powerlifting 5.4.).
- ii. The competitor must have the ability to fully extend the arms with no more than a 20 degree loss of full extension of either elbow, to make an approved lift according to the rules.

- iii. If an athlete has significantly impaired kinesiology of the upper body which represents to the classification team a potential high risk for injury, this athlete may be disqualified.
- iv. Minimum disability of the spinal injured athlete will be determined by the same methodology as Les Autres athletes, except that their classification will be permanent.
- v. All eligible participants must be determined as being physically fit by a physician.

## **4.2 General Classifications**

### **c) Cerebral Palsy**

Cerebral Palsy is a brain lesion which is non-progressive and causes variable impairment of the co-ordination, tone and strength of muscle action with resulting inability of the person to maintain normal postures and perform normal movements.

This central motor disturbance may be associated with:

- i. Perceptual deficits.
- ii. Visual and hearing problems.
- iii. Speech difficulties.

Eligible participants must have a diagnosis of cerebral palsy or other non-progressive brain damage with locomotor dysfunction either congenital or acquired. If an abnormality can only be detected by a detailed neurological examination of the athlete and there is no obvious impairment of function the person is not eligible.

Source: [www.paralympic.org](http://www.paralympic.org)

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## **5. ELIGIBILITY:**

### **5.1 Competitors:**

Athletes must meet all eligibility requirements outlined below to be eligible to participate in the Ontario Para Provincial Summer Championships:

- i. The athlete must be a member of one of Paralympics Ontario's member organizations; Ontario Amputee and Les Autres Association (OALASA); Ontario Cerebral Palsy Sports Association (OCPSA); Ontario Wheelchair Sports Association (OWSA) **AND** either the Ontario Powerlifting Association (OPA) or Canadian Powerlifting Union (CPU)

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## **6. FACILITY:**

- 6.1 Venue must be wheelchair accessible (wide doors, elevators, automatic doors where possible)
- 6.2 Venue must be able to accommodate competition area and warm up area for the bench press
- 6.3 Men's and women's change rooms must be available and accessible

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## **7. COMPETITION:**

### 7.1 Rules:

From the moment the athlete is announced with name, attempt and weight on the bar, the competitor has two minutes to complete the attempt. Each athlete has three attempts. If an athlete wishes to make an attempt in order to achieve a record, they can make a fourth attempt. Within a three-minute time limit instead of two.

Three referees assess the success of each attempt by choosing the white or red light. The lifting order within each round will be determined by the lifter's choice of weight for that round and the weights must be a multiple of 2.5kg with the exception of a new record. Between the first and second attempt, and between the second and third attempt, there must be a minimum increase of 2.5kg.

Ground for disqualification includes:

- Athletes not raising the bar upwards to full extension of the arms
- Athletes not making a synchronized move
- Athletes not maintaining the bar motionless on the chest
- Athletes not completing the attempt within the time limit
- Any change in the elected position on the bench during the lift
- Heaving, bouncing or sinking the bar after it has been motionless on the chest
- Any downward movement of the bar in the course of being pressed out
- Any contact with the bar by the spotter/loaders between the Referee's signals
- Failure to observe the referee's signals at the commencement or completion
- Failure to comply with the requirements of the general description of the lift

## 7.2 Categories

There are 10 categories of competitors. All competitions under the IPC Powerlifting must follow these bodyweight categories without re-arranging the order of the competitions.

Bodyweight categories - MEN:

- - 48.00 kg class up to 48.00 kg
- - 52.00 kg class from 48.01 kg to 52.00 kg
- - 56.00 kg class from 52.01 kg to 56.00 kg
- - 60.00 kg class from 56.01 kg to 60.00 kg
- - 67.50 kg class from 60.01 kg to 67.50 kg
- - 75.00 kg class from 67.51 kg to 75.00 kg
- - 82.50 kg class from 75.01 kg to 82.50 kg
- - 90.00 kg class from 82.51 kg to 90.00 kg
- - 100.00 kg class from 90.01 kg to 100.00 kg
- + 100.00 kg class from 100.01 kg to..... kg

7.3 Bodyweight categories - WOMEN:

- - 40.00 kg class up to 40.00 kg
- - 44.00 kg class from 40.01 kg to 44.00 kg
- - 48.00 kg class from 44.01 kg to 48.00 kg
- - 52.00 kg class from 48.01 kg to 52.00 kg
- - 56.00 kg class from 52.01 kg to 56.00 kg
- - 60.00 kg class from 56.01 kg to 60.00 kg
- - 67.50 kg class from 60.01 kg to 67.50 kg
- - 75.00 kg class from 67.51 kg to 75.00 kg
- - 82.50 kg class from 75.01 kg to 82.50 kg

+ 82.50 kg class from 82.51 kg to ..... kg

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## 8. EQUIPMENT:

- i. At minimum one Paralympic bench
- ii. Tie down straps in good repair
- iii. Regulation bar and weights
- iv. Two **(2)** weigh-in scales (one for ambulatory athletes, one for wheelchair users an example is included here of an accessible scale, sit scale))
- v. Scoring board complete with lights and power cables



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## 8. OFFICIALS:

- i. Major Officials: 1-2 from Ontario Powerlifting Association (OPA)
- ii. Minor Official locally trained volunteers, meeting standards of OPA guidelines

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## 10. PROTEST PROCEDURES:

Rules can be found on the IPC website

[http://www.paralympic.org/release/Summer\\_Sports/Powerlifting/About\\_the\\_sport/Rules/index.html](http://www.paralympic.org/release/Summer_Sports/Powerlifting/About_the_sport/Rules/index.html)

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## 11. MEDALS:

Gold: 5      Silver: 5      Bronze: 5