

# International Blind Sports Federation



## Powerlifting Technical Rules and Regulations Version 1.2

## Version History

Version	Date	Notes
v1.0	2017-August	Initial reference document.
v1.1	2021-June	Various updates.
v1.2	2024-May	Document reformatted; text abbreviated to reduce redundancies and repetitiveness; further clarity added to Technical Official roles and processes; Rules and Regulations adjusted to reflect improved procedure aligned with Strategic Plan.

Throughout these Rules and Regulations, for reasons of brevity, wherever the words “Athlete”, “their”, “he” or “his” occur, such reference is deemed to apply to either sex.

### Language Discrepancy

In the occurrence there is a discrepancy or inconsistency between the English language version and any other language version of the Technical Rules and Regulations and its content, materials and/or resources, the English version shall prevail, govern and direct.

### Interpretation

Should the need arise for a clarification of the interpretation or the implementation of the Technical Rules and Regulations, it should be referred to the Sport Committee.

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# 1. General

- 1.1. The International Blind Sports Federation (IBSA) and the Powerlifting Sport Committee acts as the international sport federation of the sport of visually impaired (blind) powerlifting.
- 1.2. These Technical Rules and Regulations apply to all levels of Recognized Competitions.
- 1.3. Competition takes place between Athletes in Categories defined by Gender, bodyweight and Age Groups.
- 1.4. IBSA recognizes the following lifts, which must be followed in sequence, at all Recognized Competitions:
  - Squat
  - Bench Press
  - Deadlift
  - Total
- 1.4.1. Recognized Competitions where only Bench Press is offered are possible.
- 1.5. IBSA, through its member federations, organizes and sanctions the following Competitions:

Level	Competition	Age Group	Frequency
<b>High Performance</b>	<ul style="list-style-type: none"> <li>• World Games</li> </ul>	Open	Each four (4) years
	<ul style="list-style-type: none"> <li>• World Powerlifting Championships</li> <li>• World Bench Press Championships</li> <li>• Regional Powerlifting Championships</li> <li>• Regional Bench Press Championships</li> </ul>	Open, Sub-Junior, Junior, Master	Each one (1) year
<b>Development</b>	<ul style="list-style-type: none"> <li>• World Cups</li> <li>• World Bench Press Cups</li> </ul>	Open, Sub-Junior, Junior, Master	Each one (1) year
<b>Grassroots</b>	<ul style="list-style-type: none"> <li>• National Championships</li> </ul>	Open, Sub-Junior, Junior, Master	Each one (1) year

- 1.6. Where necessary such as IBSA Games where the Powerlifting Sport Committee is not necessarily the Competition owner, different Rules, Regulations and Processes may apply, as agreed through the Technical Agreement and communicated through the Competition Invitation (e.g., qualification pathway, qualification standards, entry limitations, results, medals, awards, etc.).
- 1.7. In order for IBSA to sanction and recognize a Competition, the following must be followed:
  - At least six (6) months ahead of the Competition, the dates and bid package must be submitted by the Local Organizing Committee (LOC) to the IBSA General Secretariat and Powerlifting Sport Committee
  - The IBSA Powerlifting Competition Hosting, Venue and Technical Requirements must be filled and returned to the Powerlifting Sport Committee
  - For World Championships, approval by the IBSA President, Secretary General, Treasurer and Sports Director; official agreements and signatures are needed

## 1.8. Age Groups

The following Age Groups are offered for Athletes for their age as of 31 December of the year of the Recognized Competition:

Age Group	Minimum Age	Maximum Age
Open	14	-
Sub-Junior	14	18
Junior	19	23
Master	40	-

## 1.9. Bodyweight Categories

The following Bodyweight Categories are viable for each Gender across all Age Groups:

Gender	Class	Minimum Weight	Maximum Weight
Men	56.00	-	56.00
	60.00	56.01	60.00
	67.50	60.01	67.50
	75.00	67.51	75.00
	82.50	75.01	82.50
	90.00	82.51	90.00
	100.00	90.01	100.00
	110.00	100.01	110.00
	125.00	110.01	125.00
	125.00+	125.01	-
Women	48.00	-	48.00
	52.00	48.01	52.00
	56.00	52.01	56.00
	60.00	56.01	60.00
	67.50	60.01	67.50
	75.00	67.51	75.00
	82.50	75.01	82.50
	90.00	82.51	90.00
	90.00+	90.01	-

## 1.10. Entries

1.10.1. To meet the eligibility requirements to participate in Recognized Competitions, an Athlete must:

- Hold a valid Athlete License issued in accordance with the Athlete Registration and Licensing Regulations by the time of the final entry deadline on the IBSA ISAS
- Be internationally classified and have been assigned a Sport Class (other than Not Eligible) in accordance with the IBSA Classification Rules and Regulations

- Be entered by their National Federation (NF) in good standing with IBSA
- Be the minimum age to participate in the relevant Competition as defined by the Competition Invitation Package and/or Qualification Guide
- Not be disqualified, suspended, sanctioned or otherwise

1.10.2. When and where necessary, International Classification should be offered and organized.

1.10.3. There are no maximum entries per National Federation per Gender per Age Group, unless otherwise specified in the qualification regulations or other entry requirements for that Competition.

1.10.3.1. An Athlete may only register to one (1) Bodyweight Category during a Competition.

1.10.3.2. All registration must include the Athletes' Bodyweight Category and their personal bests achieved at a national or international Competition in the past year (in that Category).

1.10.4. The following are the respective registration deadlines ahead of a Competition as of the day of the Technical Meeting:

Deadline	Time Before Classification	Notes
<b>Preliminary Registration</b>	-70 days	Nomination with preliminary Athletes
<b>Final Registration</b>	-35 days	Nomination with final with any changes

1.10.4.1. Additional deadlines may be required (e.g., Classification) as communicated by IBSA and the LOC through the Invitation Package.

1.10.5. Athletes must select their Bodyweight Category at the Final Registration deadline.

1.10.6. When a Competition does not offer a specific day for a Bench Press Competition, the Competition will run integrated within the Powerlifting Competition with separate rankings and results, subject to 1.6.

1.10.7. When a Competition does not offer a specific day for different Age Groups or Bench Press, the Athlete will automatically be entered in the Age Group(s) and Bench Press based on their age and National Federation's entries, should the National Federation not do so.

## 1.11. Category/Event Viability

At all Recognized Competitions, subject to 1.6, a Category Event (Medal) will be considered viable when the below minimum Athlete numbers are entered per Bodyweight Category:

Athlete(s)	Notes
<b>One (1) Athlete</b>	When there is one (1) Athlete in a single Bodyweight Category, one (1) Medal is awarded.
<b>Two (2) Athletes</b>	When there are two (2) Athletes in a single Bodyweight Category, two (2) Medals are awarded.
<b>Three (3) or more Athletes</b>	When there are three (3) or more Athletes in a single Bodyweight Category, three (3) Medals are awarded as normal.

## 1.12. Lot Number Draw

- 1.12.1. After the Technical Meeting, the Lot Numbers will be drawn via the scoring system and randomly allocated to the Athletes.
- 1.12.2. The Lot Number will dictate:
  - The order of the Kit Check Process, from low to high
  - The order of the Weigh-in Process, from low to high
  - If two (2) or more Athletes select the same lift attempt, from low to high

## **2. Competition**

### **2.1. Technical Meeting**

- 2.1.1. A Technical Meeting with up to two (2) Coaches and/or Administrators from each participating National Federation must take place at all Recognized Competitions a minimum one (1) day before the start of the Competition, delivered by the Technical Delegate and Local Organizing Committee.
- 2.1.2. The Technical Meeting will be delivered in English with the following topics addressed:
  - Roll Call
  - Welcome by IBSA Powerlifting Representative
  - Welcome by Hosting National Federation, LOC and/or Meet Director
  - Verification of Athlete Entries
  - Technical Details
  - Training Schedule
  - Kit Check Schedule
  - Competition Schedule
  - Availability of Scales
  - Victory Ceremony Protocol
  - Collection of Anthems and Flags
  - Logistical Details (e.g., transportation, meals, etc.)
  - Opening Ceremony
  - Closing Ceremony
  - Collection of Outstanding Payments
- 2.1.3. Once the verification of final entries is completed, signed and returned, it is considered final.
  - 2.1.3.1. National Federations with no representation at the Technical Meeting must accept their entries as per the Final Registration information submitted.

### **2.2. Kit Check Process**

- 2.2.1. Each Athlete must attend the Kit Check Process before their Competition or else they are immediately disqualified.
- 2.2.2. The Kit Check Process (inspection of personal equipment) for each Athlete must be scheduled and may take place at any time during the Competition until up to thirty (30) mins before the start of a Bodyweight Category's Competition.
  - 2.2.2.1. The Kit Check Process is completed in ascending order of Lot Number, from lowest to highest of their Bodyweight Category or Session.
  - 2.2.2.2. If an Athlete is not present when called, they forfeit their position and will be recalled after all other Athletes for that Category.
  - 2.2.2.3. If an Athlete does not present to the Kit Check in the scheduled time and/or with a form of identification (accreditation or passport), they will be disqualified from the Competition.
- 2.2.3. The Kit Check Process may be scheduled by Bodyweight Category or combined (e.g., by Session).



- 2.2.4. A minimum of two (2) Technical Officials will be appointed to complete this process to examine, approve or reject items.
- 2.2.4.1. The completed and signed Inspection Sheet should be provided to the Technical Delegate and then President of Jury for that Bodyweight Category.
- 2.2.5. All Personal Equipment items must be inspected.
- 2.2.5.1. The Athlete must place all of their items on the table for inspection by the Technical Officials.
- 2.2.5.2. Any items considered unclean or torn will be rejected.
- 2.2.5.3. Wraps over the permitted length will be rejected but may be cut to the correct length and resubmitted.
- 2.2.6. If after the Kit Check Process, the Athlete appears on the platform wearing/using any item not approved during the Kit Check Process for that specific Athlete as marked on the Inspection Sheet or using illegal substances, they will be immediately disqualified from the Competition by the Technical Delegate.

### **2.3. Weigh-in Process**

- 2.3.1. The Weigh-in Process is the process to verify the Athlete's final bodyweight to confirm that the Athlete is within the necessary parameters permitting them to compete within their nominated Bodyweight Category.
- 2.3.2. Each Athlete must attend the Weigh-in Process in a designated, private area with the Technical Officials matching the same gender of the Athlete.
- 2.3.2.1. Each Athlete may attend with one (1) Team Official (Coach or Manager).
- 2.3.2.2. The Weigh-in Process is completed in ascending order of Lot Number, from lowest to highest of their Bodyweight Category or Session.
- 2.3.2.3. If an Athlete is not present when called, they forfeit their position and will be recalled after all other Athletes for that Category.
- 2.3.2.4. If an Athlete does not present to the Weigh-in in the scheduled time and/or with a form of identification (accreditation or passport), they will be disqualified from the Competition.
- 2.3.3. The Weigh-in Process must take place at least two (2) hours before the start of that Bodyweight Category's Competition, lasting a total ninety (90) mins.
- 2.3.3.1. The Weigh-in Process may be scheduled by Bodyweight Category or combined (e.g., by Session).
- 2.3.4. The Athlete must weigh-in wearing sport underclothing (men: underpants, other outfit and/or head item; women: underpants, and sport bra, other outfit and/or head item) compliant with the Athlete Uniform and Personal Equipment Rules, which does not change the Athlete's bodyweight. Athletes are allowed to remove their underclothing to ensure they reach the minimum or maximum of the Bodyweight category parameters.
- 2.3.4.1. Athletes under eighteen (18) years of age must wear sport underclothing with no option to remove.
- 2.3.4.2. For hygiene, the Athlete must wear socks.
- 2.3.4.3. For Athletes with a physical impairment:
- For each acquired below ankle amputation, 1.85% of the bodyweight will be added
  - For each acquired below knee amputation, 2.77% of the bodyweight will be added
  - For each acquired above knee amputation, 5.88% of the bodyweight will be added
  - For each acquired hip disarticulation, 11.11% of the bodyweight will be added
  - For Athletes who require leg braces, prosthetics or similar devices,

the device(s) should be removed and they should be weighed-in without wearing the device(s)

- 2.3.5. Each Athlete may only be weighed-in once (1).
  - 2.3.5.1. If an Athlete is outside their Bodyweight Category parameters, they are allowed to re-weigh-in within the scheduled Weigh-in Process time, after all other Athletes in that Category, or else they are immediately disqualified.
  - 2.3.5.2. The Athlete can be re-weighed-in as often as time and progression of Lot Number with other Athletes allows. If the schedule blocks them, they will be permitted one (1) additional try to re-weigh-in.
- 2.3.6. During the Weigh-in, the Athlete must confirm their starting lift attempts, rack heights and foot blocks. All of these details must be clearly entered on the Weigh-in Sheet and Attempt Card and countered signed.
  - 2.3.6.1. The Athletes' bodyweights and attempts should not be made public until after all Athletes in that Bodyweight Category(ies)/Session have weighed-in.
- 2.3.7. A minimum of two (2) Technical Officials of the same gender of the Athletes will be appointed to complete this process.
  - 2.3.7.1. The completed and signed Weigh-in Sheet and Attempt Cards should be provided to the Technical Delegate and Scoring Manager and then Announcer and Marshall for that Bodyweight Category.

## **2.4. Warm-up**

- 2.4.1. Athletes will be allocated a warm-up period of at least thirty (30) mins in the Warm-up Area prior to the start of the Competition, according to the Competition Schedule.
- 2.4.2. The Warm-up Area will only be accessible to competing Athletes and their Team Official with presentation of the accreditation and warm-up pass.
  - 2.4.2.1. The warm-up passes will enable a maximum of two (2) Team Officials per Athlete to enter the Warm-up Area when they have competing Athletes.
- 2.4.3. If there are more Athletes in a Group than there are benches available in the Warm-up Area, all NFs must respect each other and allow equal access to the equipment.
- 2.4.4. When Events have more than one (1) Group of Athletes, the Athletes and Coaches of the highest alphabetically ordered Group that are competing first (1st) will have priority access to the equipment in the Warm-up Area.
  - 2.4.4.1. Once the Athletes of the first (1st) competing Group start their first (1st) Round, the Athletes and Coaches from the next competing Group can access the equipment.
- 2.4.5. Any breach of the Warm-up Rules by an Athlete and/or Coach may result in the removal of access to the Session and/or accreditation by IBSA PO and/or the TD.

## **2.5. Presentation**

- 2.5.1. Athletes: At five (5) mins prior to the start of the Competition, the Announcer will announce the Group of Athletes by their country and name in order of first (1st) attempt (lowest to highest).
  - 2.5.1.1. The Athletes will not proceed on the Field of Play during this Presentation.
- 2.5.2. Technical Officials: Immediately after the Athletes' Presentation, the Announcer will announce the Referees, Jury Members and Technical Delegate by their

country and name.

- 2.5.2.1. The Technical Officials will not proceed on the Field of Play during this Presentation.

## **2.6. Round System**

- 2.6.1. Each Athlete is permitted three (3) attempts on each lift during the Competition, set over three (3) distinct Rounds from lightest to heaviest lift attempt following the order of the Lifts.
- 2.6.2. Athletes compete within Groups. Within the Groups, the Athletes compete from lightest to heaviest lift attempt weight in each Round.
  - 2.6.2.1. If the lift attempt weight is the same for multiple Athletes, the Athlete with the lowest Lot Number will lift first (1st).
- 2.6.3. The Athlete's heaviest/highest "Good Lift" on each lift counts towards their Total.
- 2.6.4. An Athlete failing to achieve a "Good Lift" on any lift (e.g., three (3) "No Lifts" in Bench Press) is eliminated from the Total Competition.
  - 2.6.4.1. If an Athlete fails to achieve a "Good Lift" on a specific lift (i.e., three [3] "No Lifts"), they may not proceed to the next lift.
- 2.6.5. During the Competition, the Athlete will have one and a half (1.5) mins from when their full name is announced in English to receive the "Start" command from the Chief Referee and begin their movement.
  - 2.6.5.1.1. If the Athlete fails to receive the "Start" command from the Chief Referee and begin their movement within the allocated time, a "No Lift" will be given.
  - 2.6.5.1.2. Once the attempt clock is started, it can only be stopped by the "Start" command from the Chief Referee and beginning of the Athlete's movement or a technical stop directed by the Chief Referee.
  - 2.6.5.2. If an Athlete is required to complete their lift attempt immediately after their previous lift attempt or a technical stop for whatever reason, three (3) mins will be provided.
  - 2.6.5.3. After completion of the lift attempt and display of the lift decision, the Athlete and Coach must leave the platform and Field of Play within thirty (30) secs.
- 2.6.6. The Athlete may be accompanied to the platform/Field of Play by one (1) Coach.

## **2.7. Groups**

- 2.7.1. When there are more than ten (10) Athletes competing in a Bodyweight Category or Session, Groups may be formed of approximately an equal number of Athletes.
  - 2.7.1.1. When there are more than fifteen (15) Athletes, Groups must be formed.
  - 2.7.1.2. In separate Bench Press Championships, Groups of a maximum of twenty (20) Athletes may be formed.
  - 2.7.1.3. Groups may compete at different (earlier) times. When this occurs, Group A must have a minimum of eight (8) and maximum of twelve (12) Athletes.
- 2.7.2. Groups are labeled descending alphabetically (e.g., D, C, B and A).
- 2.7.3. Sessions may be formed of a single Bodyweight Category or any combination of Bodyweight Categories.
- 2.7.4. Groups are formed by the Athletes' Total submitted through their Entry by Name Registration. Athletes with the lowest totals will form the first (1st) competing Group and so on.

- 2.7.5. If a Group is formed of less than six (6) Athletes, three (3) mins of additional recovery time must be added at the end of Round 1 and 2.
- 2.7.6. If a Session consists of only one (1) Group, a break of twenty (20) mins must be allocated between the lifts for warm-up and platform organization.
- 2.7.6.1. If a Session consists of multiple Groups on a single platform, it will be organized on a Group repetition basis (e.g., the first (1st) Group will complete the three (3) Rounds of the Movement immediately followed by the second (2nd) Group). No additional break will be added between the Rounds other than what is necessary for platform organization. (e.g., the first (1st) competing Group will complete all three (3) Rounds of the Squat immediately followed by the second competing Group).
- 2.7.6.2. If a Session consists of multiple Groups, a break of ten (10) mins must be allocated between the lifts for warm-up and platform organization.

## **2.8. Lift Attempt Changes**

- 2.8.1. Attempts must always be in multiples of 2.5 kgs.
- 2.8.2. Round 1
- 2.8.2.1. The starting lift attempt for Round 1 is confirmed during the Weigh-in Process. It must be a minimum of twenty-five (25) kgs.
- 2.8.2.2. One (1) change is permitted, either lower or higher to no limit.
- 2.8.2.2.1. Changes are accepted from the Start of the Warm-up Period.
- 2.8.2.2.2. For the first (1st) competing Group, until five (5) mins before Round 1.
- 2.8.2.2.3. For subsequent Groups, until three (3) lift attempts from the previous Group's last lift as announced by the Announcer.
- 2.8.3. Round 2
- 2.8.3.1. The initial lift attempt for Round 2 must be requested to the Marshall within one (1) minute of the lift decision of the Referees from Round 1 being displayed. This selection must be made by the Athlete or their Coach on the Attempt Card.
- 2.8.3.2. It must be a weight increase, unless a "No Lift" was recorded in Round 1, in which case, the weight may be the same as the weight attempted by that Athlete in Round 1.
- 2.8.3.3. If no attempt is requested:
- and the decision was "No Lift", then the lift attempt will automatically be the same as the Athlete's attempt in Round 1
  - and the decision was "Good Lift", then the lift attempt will automatically be 2.5 kgs more than the Athlete's attempt in Round 1.
- 2.8.3.4. No further changes are permitted.
- 2.8.4. Round 3
- 2.8.4.1. The initial lift attempt for Round 3 must be requested to the Marshall within one (1) min of the lift decision of the Referees from Round 2 being displayed. This selection must be made by the Athlete or their Coach on the Attempt Card.
- 2.8.4.2. It must be a weight increase, unless a "No Lift" was recorded in Round 2, in which case, the weight may be the same as the weight attempted by

that Athlete in Round 1.

- 2.8.4.3. If no attempt is requested:
- and the decision was “No Lift”, then the lift attempt will automatically be the same as the Athlete’s attempt in Round 2
  - and the decision was “Good Lift”, then the lift attempt will automatically be two and a half (2.5) kg more than the Athlete’s attempt in Round 2
- 2.8.4.4. Two (2) changes are permitted, either:
- lower to a weight not lower than the initial lift attempt weight for Round 2
  - higher to no limit
- 2.8.4.4.1. In either cases, the change may only be permitted if:
- The Announcer has not called the Athlete’s name to begin their lift attempt
  - The requested weight is not equal to or lower than any lift attempt already completed (either “Good” or “No Lift”) by another Athlete in Round 3 who would have gone before due to Lot Number

## 2.9. Other Rules

- 2.9.1. Coaches and National Federations Officials (including Medical and Administrative Staff): All Coaches and other National Federation Officials accredited to the Competition must abide by the following:
- IBSA’s Code of Conduct and Ethics, specifically the Athletes’ safety and welfare, the ideals and spirit of fair play, the WADA Anti-Doping Code, the doping control and the classification processes
  - Not attempting to influence the decision of others
  - Not whipping, smashing or hitting an Athlete within view of the public
  - Not providing the Athlete ammonia, adjusting or wrapping Personal Equipment with the exception of the belt within view of the public
  - Remaining in the Coach Area on the Field of Play after leading the Athlete to the platform
  - The dress code shall be National Federation tracksuit top, shirt and pants or shorts with closed toe shoes (with no jeans or hats)
- 2.9.1.1. Failure to comply may result in removal of the accreditation pass or limited access to the Warm-up Area or Field of Play.
- 2.9.2. Coaches must possess the necessary qualifications and insurance to fulfill their role, considering the importance of the Athletes’ welfare, health and safety, as determined by their NF.
- 2.9.3. The Coach Area on the Field of Play must be a maximum of five (5) m from the platform, allowing a walking area for the Coach to see the lift from any side back/front angle.
- 2.9.4. The Coach may support their Athlete:
- Leading to the Field of Play and platform before and after their lift attempt;
  - With hand placings on the marking of the bar;
  - Supporting the bar out of the racks to the Athlete ahead of the Squat and Bench Press.
- 2.9.5. Misconduct: Any Athlete, Coach or National Federations Officials, who by reason of misconduct upon or near the platform, is likely to discredit the sport, shall be officially warned. If the misconduct continues, the Technical Delegate may immediately disqualify the Athlete, Coach or Official (losing their competition

and/or access privileges for the Competition).

- 2.9.6. **Challenge:** An Athlete, their Coach and National Federation Leader may submit a challenge against the Referees' lift decision, the competition and/or participants' behavior.
  - 2.9.6.1. A Challenge submitted against the lift decision of the Athlete's own decision does not need to be accompanied by a cash fee.
  - 2.9.6.2. A Challenge submitted against the lift decision of an Athlete from another National Federation must be accompanied by a cash fee as determined in the Invitation Package.
    - 2.9.6.2.1. If a decision is not overturned, the fee will be retained and contributed to IBSA Powerlifting development activities.
  - 2.9.6.3. The Challenge must be submitted immediately following the action and/or within one (1) min of the lift decision announcement to the President of Jury for the Challenge to be accepted.
  - 2.9.6.4. Immediately upon reception, the Jury may temporarily suspend (to a responsible amount of time not to disrupt other Athletes) the competition to come to a unanimous decision.
  - 2.9.6.5. The Jury will reveal their decision through the President of Jury.
  - 2.9.6.6. Upon announcement of the President of Jury, there will be no further opportunities to challenge for that lift.
  - 2.9.6.7. The next lift attempt submission for the next Round must be requested to the Marshall within one (1) min of the lift decision of the Jury from the previous Round being displayed.
  - 2.9.6.8. After the restarting of the competition, the next Athlete will be provided three (3) mins.
- 2.9.7. If music is played for presentation and atmosphere, it should stop when the Athlete steps onto the platform.
- 2.9.8. The selection of Athletes for doping testing shall always be made by the respective Anti-Doping Organization.

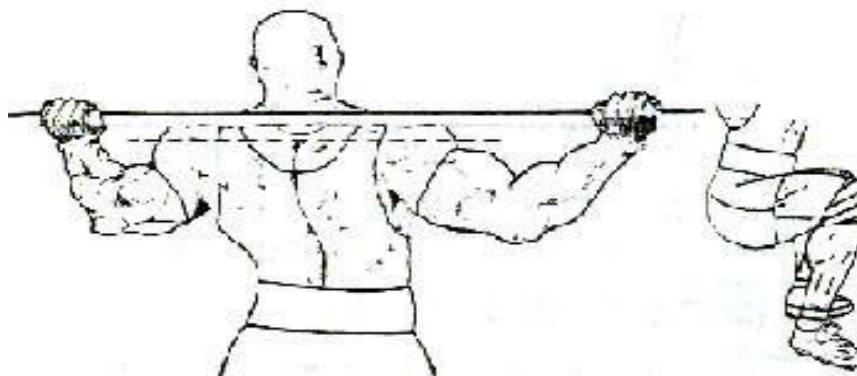
## **2.10. Lift Execution: Squat**

In order to receive a "Good Lift" as judged by the Referee and Jury, the Athlete must complete the lift according to the following Rules:

- 2.10.1. The Athlete shall face the front of the platform. The bar shall be held horizontally across the shoulders, hands and fingers gripping the bar. The hands may be positioned anywhere on the bar inside and or in contact with the inner collars.
- 2.10.2. After correctly positioning themselves, the Athlete may enlist the help of the Spotter Loaders in removing the bar from the racks.
- 2.10.3. After removing the bar from the racks, the Athlete must move backwards to establish the starting position. When the Athlete is motionless, erect (slight deviation is allowable) with knees locked, the Chief Referee will give the "Squat" signal to begin the lift. Before receiving the "Squat" signal, the Athlete may make any position adjustments within the rules, without penalty. For reasons of safety, if after a period of five (5) secs the Athlete is not in the correct position to begin the lift, they may be requested to "Replace" the bar by the Chief Referee. The Chief Referee will then convey the reason why the signal was not given.
- 2.10.4. Upon receiving the Chief Referee's "Squat" signal, the Athlete must bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees in only one (1) attempt. The attempt is deemed to have commenced when the Athlete's knees have unlocked.

- 2.10.5. The Athlete must recover at will to an upright position with the knees locked. Double bouncing at the bottom of the squat attempt or any downward movement is not permitted. Stepping backwards or forwards is not permitted; rocking the feet between the ball and heel is permitted. When the Athlete is motionless (in the apparent final position), the Chief Referee will give the signal to “Rack” the bar.
- 2.10.6. The Athlete must then move forward and return the bar to the racks.

The diagrams below indicate the legal bar position and required depth in the Squat:



### Causes for “No Lift” Judgment in the Squat

The Athlete will receive a “No Lift” as judged by the Referee and Jury if they complete the lift with the following faults:

Number/ Colour	Reason(s)
1 - Red	<ul style="list-style-type: none"> <li>Failure to bend the knees and lower the body until the top surface of the legs at the hip joint are lower than the top of the knees.</li> </ul>
2 - Blue	<ul style="list-style-type: none"> <li>Failure to assume an upright position with the knees locked at the commencement and completion of the lift.</li> <li>Double bouncing, more than one (1) recovery attempt at the bottom of the lift, or any downward movement during the ascent.</li> </ul>
3 - Yellow	<ul style="list-style-type: none"> <li>Failure to observe the Chief Referee’s signals at the commencement and completion of a lift.</li> <li>Stepping backward or forward or moving the feet laterally.</li> <li>Contact with bar or Athlete by the Spotter Loaders between the Chief Referees signals, in order to make the lift easier.</li> <li>Contact of the elbows and/or upper arms with the legs, which has supported and been of aid to the Athlete; slight contact that is of no aid may be ignored.</li> <li>Any dropping or dumping of the bar after completion of the lift.</li> <li>Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualification.</li> <li>Incomplete lift.</li> </ul>

### 2.11. Lift Execution: Bench Press

In order to receive a “Good Lift” as judged by the Referee and Jury, the Athlete must complete the lift according to the following Rules:

- 2.11.1. The bench shall be placed on the platform with the head facing the front or angled

up to forty-five (45) degrees.

- 2.11.2. The Athlete must lie on their back with head, shoulders and buttocks in contact with the bench surface. The feet must be flat on the floor (as flat as the shape of the shoe will allow). Their hands and fingers must grip the bar positioned in the rack stands with a thumbs around grip. This position shall be maintained throughout the lift. During the set-up on the bench, the Athlete must not place their feet on the bench. Foot movement during the lift is permissible but must remain flat on the platform. The hair must not hide the back of the head when lying down on the bench. The Jury or Referees may require the Athlete to affix their hair accordingly.
- 2.11.3. To achieve firm footing the Athlete may use flat surfaced plates or blocks according to the Equipment Regulations.
- 2.11.4. After correctly positioning themselves, the Athlete may enlist the help of the Spotter Loaders in removing the bar from the racks. The lift off if assisted by the Spotter Loaders must be at arms` length.
- 2.11.5. The spacing of the hands shall not exceed eighty-one (81) cm measured between the forefingers (both forefingers must be within the eighty-one (81) cm marks and the whole of the forefingers must be in contact with the eighty-one (81) cm marks if maximum grip is used). The use of the reverse grip is forbidden.
- 2.11.6. After removing the bar from the racks, the Athlete shall wait with straight arms elbows locked for the Chief Referee's signal. The signal shall be given as soon as the Athlete is motionless and the bar properly positioned. For reasons of safety the Athlete will be requested to "Replace" the bar, together with a backward movement of the arm, if after a period of five (5) secs he is not in the correct position to begin the lift. The Chief Referee will then convey the reason why the signal was not given.
- 2.11.7. The signal to begin the attempt shall consist of a downward movement of the arm together with the audible command "Start".
- 2.11.8. After receiving the signal, the Athlete must lower the bar to the chest or abdominal area (the bar shall not touch the belt), hold it motionless, after which the Chief Referee will signal the audible command "Press". The Athlete must then return the bar to straight arms' length elbows locked. When held motionless in this position the audible command "Rack" shall be given together with a backward motion of the arm. If the bar is lowered to the belt or does not touch the chest or abdominal area, the Chief Referee's command is "Rack".
- 2.11.9. The height of the safety racks may be adjusted by the Chief Referee for safety reasons.
- 2.11.10. For Athletes with Physical or Intellectual Impairments: Recognized Competitions will be organized without a separate division for Athletes with additional impairments (must be in addition to their visual impairment). They may be assisted to, and from, the bench. Assisted to mean "with the help of the Coach or/and with use of crutches, sticks/canes or wheelchair". The rules of Competition apply equally to all competing Athletes, no matter their additional impairments.
  - 2.11.10.1. Athletes are permitted to wear prosthetics or additional equipment if it does not provide a technical advantage as determined by the Technical



- 2.11.10.2. Delegate.  
If the Athlete is not able to extend the legs and/or knees and/or place their feet flat on the floor, it may be placed on the bench as per the Athlete's impairment, if it does not provide a technical advantage as determined by the Technical Delegate.

### Causes for “No Lift” Judgement in the Bench Press

The Athlete will receive a “No Lift” as judged by the Referee and Jury if they complete the lift with the following faults:

Number/ Colour	Reason(s)
1 - Red	<ul style="list-style-type: none"> <li>Bar is not lowered to the chest (i.e., not reaching the chest or not touching the abdominal area).</li> </ul>
2 - Blue	<ul style="list-style-type: none"> <li>Any downward movement of the whole of the bar in the course of being pressed out.</li> <li>Failure to press the bar to straight arms length elbows locked at the completion of the lift.</li> </ul>
3 - Yellow	<ul style="list-style-type: none"> <li>Failure to observe the Chief Referee's signals at the commencement and completion of a lift.</li> <li>Any change in the elected lifting position during the lift (i.e., any raising movement of the head, shoulders, or buttocks, from the bench, or lateral movement of hands on the bar).</li> <li>Any contact of the Athlete's feet with the bench or its supports. Lifting of the feet is not allowed.</li> <li>Heaving or sinking the bar into the chest after it is motionless in such a way as to make the lift easier.</li> <li>Deliberate contact between the bar and the bar rests/support.</li> <li>Contact with bar or Athlete by the Spotter Loaders between the Chief Referees signals, in order to make the lift easier.</li> <li>Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualification.</li> <li>Incomplete lift.</li> </ul>

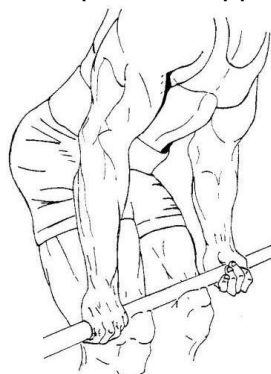
### 2.12. Lift Execution: Deadlift

In order to receive a “Good Lift” as judged by the Referee and Jury, the Athlete must complete the lift according to the following Rules:

- 2.12.1. The Athlete shall face the front of the platform with the bar laid horizontally in front of the Athlete's feet, gripped with an optional grip in both hands and lifted until the Athlete is standing erect. Rocking the feet between the ball and heel is permitted.
- 2.12.2. On completion of the lift the knees shall be locked in a straight position and the shoulders back.
- 2.12.3. The Chief Referee's signal shall consist of a downward movement of the arm and the audible command “Down”. The signal will not be given until the bar is held motionless and the Athlete is in the apparent finished position. Any foot movement after the “Down” command is not a cause for failure.
- 2.12.4. Any rising of the bar or any deliberate attempt to do so will count as an attempt. Once the attempt has begun no downward movement is allowed until the Athlete reaches the erect position with the knees locked. If the bar settles as the shoulders come back (slightly downward on completion), it is not a cause of failure. If the bar edges up the thighs but is not supported, it is not a cause of

failure.

The diagram below shows a description of supporting the bar on the thighs:



### Causes for “No Lift” Judgement in the Deadlift

The Athlete will receive a “No Lift” as judged by the Referee and Jury if they complete the lift with the following faults:

Number/ Colour	Reason(s)
1 - Red	<ul style="list-style-type: none"><li>• Failure to lock the knees straight at the completion of the lift.</li><li>• Failure to stand erect with the shoulders back.</li></ul>
2 - Blue	<ul style="list-style-type: none"><li>• Any downward movement of the bar before it reaches the final position.</li><li>• Supporting the bar on the thighs during the performance of the lift.</li></ul>
3 - Yellow	<ul style="list-style-type: none"><li>• Lowering the bar before receiving the Chief Referee’s signal.</li><li>• Stepping backward or forward or moving the feet laterally.</li><li>• Allowing the bar to return to the platform without maintaining control with both hands (i.e., releasing the bar from the palms of the hand).</li><li>• Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualification.</li><li>• Incomplete lift.</li></ul>

## 2.13. Errors

2.13.1. During the Competition, any of the errors below may occur and be raised by the Athlete, the Coach, the Referees, the Jury, Marshall or the Technical Delegate only in relation to the Athlete’s current attempt, either before or after the lift attempt (within the timeframes set out in this Rule):

- Incorrectly Loaded Bar: The weight that is loaded onto the bar does not match the weight requested by the Athlete to the Marshall.
- Incorrect Rack Height: The rack height is incorrect and does not match the height requested by the Athlete to the Marshall.
- Announcer Error: The announcement by the Announcer is incorrect leading to an incorrectly loaded bar and/or rack height or incorrect Athlete announced.
- Timekeeping Error: The lift attempt clock is started by the Announcer too early or too late after the Athlete is announced.
- Spotting Error: The Spotter Loader comes into contact with the bar during the lift when not instructed to do so by the Chief Referee.
- Technical/Technological/Marshall Error: Incorrectly loaded bar, rack height and/or incorrect Athlete attempt.
- Equipment Error: The bench, squat rack, bar, discs, collars and/or platform

and/or are damaged.

- 2.13.2. To raise an error before a lift attempt, the Referees, Athlete and/or that Athlete's Coach must alert the Chief Referee before the "Start" command is given. The time will be stopped to analyze the raised error and based on the Chief Referee's determination, the following will occur:
- If the Chief Referee determines there is no error, the time and attempt shall resume as normal.
  - If the Chief Referee determines there is an error, the Athlete and the Coach will immediately leave the Field of Play and the error will be corrected. The Athlete will be provided one and a half (1.5) mins to complete their lift attempt.
- 2.13.3. To raise an error after a lift attempt (that was not previously observed or raised), the Referees, Athlete or that Athlete's Coach must alert the Chief Referee before the Athlete leaves the lifting platform. Based on the Chief Referee's determination, the following will occur:
- If the Chief Referee determines there is no error, the lift decision will remain as normal.
  - If the Chief Referee determines there is an error and the lift decision is "No Lift", the Athlete and the Coach will immediately leave the FOP, and have the opportunity to repeat their lift attempt at the end of the Round.
    - In the case they are the last Athlete of the Round, three (3) mins will be allocated.
  - If the Chief Referee determines there is an error in loading the bar to a lighter weight than requested and the lift decision was "Good Lift", the requested weight will be recorded.
  - If the Chief Referee determines there is an error in loading the bar to a heavier weight than requested and the lift decision was "Good Lift", the heavier weight will be recorded and the other Athletes' lift attempts will continue as requested.

### **3. Results, Rankings and Records**

#### **3.1. Rankings and Medals**

- 3.1.1. IBSA will recognize and maintain rankings for all Age Groups and Genders for the following:
- Squat
  - Bench Press (Powerlifting)
  - Bench Press (Single Lift)
  - Deadlift
  - Total
- 3.1.1.1. Rankings on Squat, Bench Press (Powerlifting), Deadlift and Total must be accompanied by a total of the three (3) Powerlifting lifts (e.g., a "Good Lift" in each lift movement).
- 3.1.2. If two (2) or more Athletes achieve the same result, the Athlete with the lowest bodyweight determined at the Weigh-in Process will be ranked higher. If both Athletes have the same bodyweight, the Athlete achieving the result first (1st) will be ranked higher.
- 3.1.3. At all Recognized Competitions, medals will be awarded for the first (1st), second (2nd) and third (3rd) ranked Athlete in each Category, regardless of National Federation, as outlined on the Invitation Package and subject to 1.6.

- 3.1.3.1. Based on the level of Competition, medals may be awarded each for each lift and across the different Age Groups.
- 3.1.3.2. Certificates will be awarded to all Athletes.
- 3.1.4. The Athlete's dress code for Victory Ceremonies is the full team tracksuit with athletic footwear. Failure to adhere to the dress will disqualify the Athlete from receiving the medal(s), although their place in contest results will stand, as determined by the Technical Delegate.
- 3.1.5. The Victory Ceremonies may take place immediately after the Competition Session or at the end of the Competition Day.

## 3.2. Trophies

- 3.2.1. At all Recognized Competitions subject to 1.6, Team Awards will be awarded to the first (1st), second (2nd) and third (3rd) ranked Open Teams by points for each Gender using the top six (6) Athletes' Total rankings.
  - 3.2.1.1. If a tie exists:
    - The team with the higher number of first (1st) place rankings will be ranked first (1st)
    - If a tie still exists, the team having the most second (2nd) place rankings will be ranked first (1st), and so on
    - If a tie still exists, the team having the best single Athlete using the "Good Lift" points will be ranked first (1st), and so on
  - 3.2.1.2. Points are allocated according to the Athlete's ranking in their Bodyweight Category.

Rank	Points
1st	12
2nd	9
3rd	8
4th	7
5th	6
6th	5
7th	4
8th	3
9th	2
...	1

- 3.2.2. At all Recognized Competitions and subject to 1.6, a Best Athlete Award will be awarded to the first (1st) ranked Open Athletes who produce the best performance based on the "Good Lift" points for Total and Bench Press - Single Lift.
- 3.2.3. Additional trophies may be awarded as communicated through the Competition Invitation.

### **3.3. World Records**

- 3.3.1. IBSA will recognize and maintain records for all Age Groups and Genders for the following:
  - Squat
  - Bench Press (Powerlifting)
  - Bench Press (Single Lift)
  - Deadlift
  - Total
- 3.3.2. Records on Squat, Bench Press (Powerlifting), Deadlift and Total must be accompanied by a total of the three (3) Powerlifting lifts (e.g., a “Good Lift” in each lift movement).
- 3.3.3. An Athlete may attempt to break a record at Sanctioned Championships and Games under the following conditions:
  - Each Referee must hold a current International Technical Official Certification and be a member of an affiliated National Federation;
  - A Jury must be present;
  - If anti-doping testing is carried out at the Competition in accordance with IBSA, IPC and WADA Code and Protocols;
  - If the Athlete is registered in that Bodyweight Category;
  - The Athlete can break a record for an Age Group of which they are eligible regardless if that Age Group is recognized in that Championships and/or Games;
  - If the Athlete registers a Total, with the exception of Bench Press - Single Lift.
- 3.3.4. As soon as a new record is set, any Athlete wishing to attempt a new record must exceed the previous one set by a minimum of 0.5 kg.
- 3.3.5. In the Event that two (2) Athletes achieve the same total record, the Athlete with the lowest bodyweight determined at the Weigh-in Process will be the record holder. If both Athletes have the same bodyweight, the Athlete breaking the record first (1st) will be the record holder.

## **4. Technical Officials**

- 4.1. IBSA and the Sport Committee in collaboration with the LOC will appoint the Technical Officials outlined in this section for the Competition.
- 4.2. Technical Officials must hold an active certification by IBSA through successful participation in a course and completion of evaluations.
- 4.3. Technical Officials must abide by IBSA’s Code of Conduct and Ethics, including:
  - Not commenting, receiving any document or account of the progress of the competition during the Competition itself.
  - Not attempting to influence the decision of others.
- 4.4. Each registered National Federation may nominate up to three (3) International Technical Officials to serve at the Competition.
  - 4.4.1. The host National Federation may exceed this number.

- 4.5. The Technical Delegate will create and manage the Technical Official Duty Schedule, selecting Technical Officials by Bodyweight Category and Session, showing proven competence at Recognized Competitions.
  - 4.5.1. The Technical Officials' Board Director will determine which Category each Technical Official is allocated.
  - 4.5.2. If a Bodyweight Category and/or Session consists of more than one (1) Group, all Groups must have the same Referees.

#### 4.6. Referees

- 4.6.1. At all Recognized Competitions, three (3) Referees must be appointed to judge each Athlete's lifts in the Session in line with the Technical Rules and Regulations.
- 4.6.2. Where possible, the Referees must be made up of Category one (1) Technical Officials.
  - 4.6.2.1. Where possible, the Referees must be made up of Members from different nations.
- 4.6.3. The Referees must be positioned to have an unimpeded view of the Athletes' lifts from the Centre (Chief Referee), left (Left Side Referee) and right (Right Side Referee).
  - 4.6.3.1. The three (3) Referees may seat themselves in what they in what they consider to be the best viewing positions around the platform for each of the three (3) lifts but the Chief Referee must always bear in mind the need to be visible to the Athlete performing the Squat or Deadlift, and the Side Referees should always bear in mind the need to be visible to the Chief Referee so that they can observe their raised arms.
  - 4.6.3.2. During the Bench Press, the Chief Referee must position themself on the head side of the Bench Press rack.
- 4.6.4. Before the Competition, the Referees must:
  - Ensure the Technical Equipment complies with the Technical Rules and Regulations, and the equipment is organized and clean. The second (2nd) set of bars and collars should be ready to be replaced in case of damage.
  - Ensure the scales are calibrated and the Weigh-in Area is organized and clean.
  - Conduct the Weigh-in Process.
  - Conduct the Kit Check Process.
- 4.6.5. During the Competition, the Referees must:
  - Verify the weight loaded on the bar is as announced by the Announcer and as listed on the Attempt Board; the Chief Referee should signal to the Announcer "The bar is loaded" together with visual signal consisting of downward movement of the arm.
  - The Chief Referee must give the following signals for the lifts:

Lift	Start	Stop
Squat	A visual signal consisting of a downward movement of the arm together with the audible command "Squat"	A visual signal consisting of a backward movement of the arm together with the audible command "Rack"
Bench Press	A visual signal consisting of a downward movement of the arm together with the audible	A visual signal consisting of a backward movement of the arm together with the audible command

Lift	Start	Stop
	<p>command “Start”.</p> <p>During: The audible command “Press” together with visual signal consisting of slight backward movement of the arm (for side referees) after motionless at the chest and visible.</p>	“Rack”
<b>Deadlift</b>	No signal required.	A visual signal consisting of a backward/downward movement of the arm together with the audible command “Down”.

- Before the start of the Squat and Bench Press, the Side Referees must raise their arms and keep them raised until the Athlete is in the correct position to begin the lift. If there is a majority opinion among the Referees that a fault exists, the Chief Referee will not give the signal to start the lift.
- Raise any doubts if the Athlete’s Personal Equipment does not comply with the Technical Rules and Regulations.
- Once the Athlete lift attempt has finished and/or the bar is racked, the Referees must each judge the lift “Good” or “No Lift” according to the Competition Lift Rules.

4.6.6. The Chief Referee is the sole responsible for making decisions on errors. Before and after analyzing the error, they must immediately direct the Time Keeper, Announcer and Marshall.

4.6.7. The Chief Referee should manage and direct the Spotter Loaders through the Session, including directing the cleaning of the bar.

4.6.8. After the Competition, the three (3) Referees must sign the official Score Sheets and any other documents requiring a signature.

## 4.7. Jury

4.7.1. At all World and Regional Championships and Games, a Jury must be appointed to oversee the judging of each Session in line with the Technical Rules and Regulations.

4.7.2. The Jury must be made up of three (3) Category 1 Technical Officials.

4.7.2.1. Where possible, the Jury should be made up of Members from different nations.

4.7.3. The Jury must be positioned to have an unimpeded view of the Athletes’ lifts and Session.

4.7.4. The Jury may provide a warning to a Referee for incompetent judging and following by a unanimous vote, replace them.

4.7.5. The Jury may overrule the Referees’ decision in the following cases:

- If a serious mistake occurs which is contrary to these Rules,
  - The Jury may take appropriate action to correct the mistake (e.g., granting the Athlete an additional lift attempt).

- When the Referees' decision is "Good Lift" or "No Split" is split (e.g., two [2] to one [1] and there is a serious mistake in the decision.
    - The Jury may switch the decision by unanimous vote. The Jury may quickly consult with the Referees before their decision.
  - When a Challenge is submitted by the Athlete and/or their Coach.
    - The Jury may overrule the Referees' decision by the methods listed above. The Jury may quickly consult with the Referees before their decision.
- 4.7.6. If the Chief Referee or Technical Controller raises a doubt about the Athlete's Personal Equipment, the President of Jury should examine the items. If the Athlete is found to be wearing an item not approved during the Kit Check Process or an illegal item, the Athlete is immediately disqualified from the Competition.

## 4.8. Other Roles

- 4.8.1. Technical Delegate: The Technical Delegate is responsible for the overall management of the Competition alongside the Committee, LOC and Technical Officials. Their primary responsibilities include but are not limited to:
- Plan and lead the Technical Meeting prior to the Competition
  - Create and manage the Technical Official Duty Schedule
  - Create and manage the Competition Schedule
  - With the Scoring Manager, prepare the Competition Documents and Lot Draw
  - Oversee each Session throughout the Competition from the Weigh-in to the Victory Ceremony
- 4.8.2. Announcer: The Announcer is responsible for efficient running of the Competition, acting as a "master of ceremony", announcing the Athlete's lift attempt, Round and name in the correct order after the bar is loaded as signaled by the Chief Referee, among other announcements as necessary (e.g., Presentations, Victory Ceremonies, etc.).
- Instructions to the Loaders to load the required weight
  - The Athlete's lift attempt in the correct order (attempt number, attempt weight, National Federation, Athlete's name)
  - Notification in advance of the name of the next Athlete
  - The Referees' decision of "Good Lift" or "No Lift"
- 4.8.3. Time Keeper: The Time Keeper is responsible for accurately controlling the Competition time and specifically the Athlete's lift attempt time after their name is announced in English.
- 4.8.4. Marshall: The Marshall is responsible for managing the Athletes' attempts and changes during the Competition on the Attempt Cards, and passing them to the Scoring Manager and Announcer.
- 4.8.5. Technical Controllers: The Technical Controllers are responsible for the management of the Warm-up Area and controlling the Athlete access to the platform before their lift attempts after their name is announced. They also hold the responsibility to ensure the Athlete is wearing their Personal Equipment according to what was approved during the Kit Check Process and alerting the Chief Referee and President of Jury if not.
- 4.8.6. Manual Results Controller: The Manual Results Controller is responsible for accurately recording the progress of the Competition (lift attempts, results,



rankings) and ensuring the Referees sign the official Results Sheet and other required documents.

- 4.8.7. **Spotter Loaders:** The Spotter Loaders are responsible for loading and uploading the bar, adjusting the racks as required, supporting the Athlete with the racks for Squat and Bench Press, mirroring for the Athletes' movements for safety, and managing the Technical Equipment (e.g., cleaning, ordering, etc.) as directed by the Chief Referee.
- 4.8.7.1. There should always be three (2) to five (5) Spotter Loaders on the platform at all times.
- 4.8.7.2. The Spotter Loaders may assist the Athlete in their attempt by removing the bar from and to the rack before the start/end of the attempt but never during the actual attempt. Only at the direction of the Chief Referee or Athlete themselves due to possible injury should the Spotter Loaders support/relieve the Athlete.
- 4.8.7.3. The Spotter Loaders must be trained and approved by the Technical Delegate.
- 4.8.7.4. The Athlete's Coach may assist ("hand off") the bar to their Athlete but must leave the platform quickly.

## 4.9. Uniform

- 4.9.1. The following is the uniform of the Technical Officials:

	Men	Women
<b>Top</b>	<u>Winter:</u> Dark blue blazer with badge on left breast, white dress shirt with tie. <u>Summer:</u> White dress shirt.	<u>Winter:</u> Dark blue blazer with badge on left breast, white dress shirt/blouse with tie. <u>Summer:</u> White dress shirt/blouse.
<b>Bottom</b>	Gray dress pants	Gray dress pants or skirt
<b>Shoes</b>	Black/dark dress shoes	Black/dark dress shoes
<b>Notes</b>	Red badges and ties are awarded to Category 1 Technical Officials. Blue badges and ties are awarded to Category 2 Technical Officials. The Jury determines whether winter or summer uniforms will be worn.	
<b>Spotter Loaders</b>	<u>Top:</u> Competition t-shirt (or consistent coloured shirt) <u>Bottom:</u> Tracksuits pants in a consistent color <u>Shoes:</u> Athletic sport shoes	

- 4.9.2. At Games or other Competitions where a uniform is provided by the Organizing Committee, the uniform provided may be worn per the direction of the Technical Delegate. If no uniform is provided, the Technical Officials are expected to wear the normal uniform.

## 4.10. Sport Committee

- 4.10.1. The Sport Committee will consist of a Chairperson and other Members.
- 4.10.2. Sport Committee Members must be nominated officially to IBSA by their affiliated National Federations.
- 4.10.3. Decisions related to the sport are subject to approval by the IBSA Powerlifting

Sport Committee.

- 4.10.4. The Sport Committee's core responsibilities include:
- Managing the Technical Rules and Regulations with consultation from the community;
  - Managing the Recognized Competition calendar and approvals with the IBSA Executive Committee;
  - Coordinating communications between the community and memberships on various topics related to the sport;
  - Managing various education and development initiatives for the growth of the sport;
  - Coordinating appointments of Technical Officials to Recognized Competitions.

## 5. Appendix 1: Venue and Equipment

### 5.1. Venue

5.1.1. Further information is detailed in Appendix 2.

### 5.2. Technical Equipment

5.2.1. The IBSA Powerlifting Sport Committee recognizes the use of the International Powerlifting Federation's Approved Suppliers of Technical Equipment.

5.2.1.1. Where exceptions must be made, it must be approved by the Technical Delegate of the Competition.

5.2.2. Scales: Scales used at all Recognized Competitions must be electronic and register to the second (2nd) decimal place up to one hundred eighty (180) kg. A certificate of calibration must be current within one (1) year of the date of the Competition.

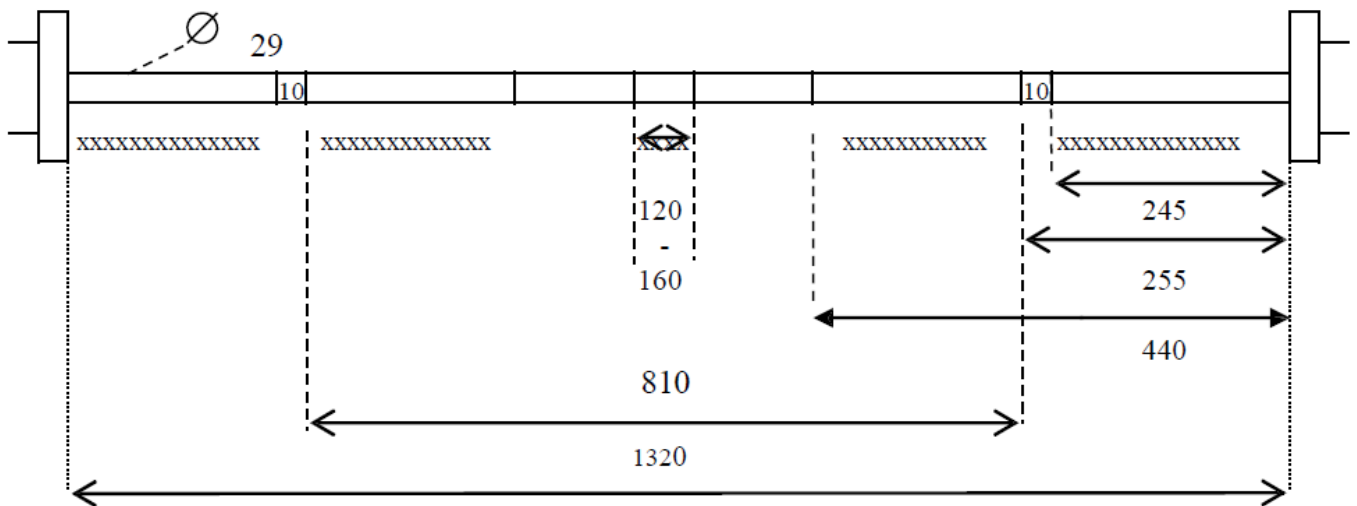
5.2.3. Platform: Platforms used at all Recognized Competitions must comply with the following:

- Measure between minimum of two and a half (2.5) m by two and a half (2.5) m to a maximum of four (4) m by four (4) m.
- Be a maximum of ten (10) cm in height from the floor.
- Have a flat, firm and level surface, covered with a material of non-slip smooth carpet (i.e. free from irregularities and projections). Rubber matting or similar sheeting materials are not permitted.

5.2.4. Bar: Bars used at all Recognized Competitions must comply with the following:

- Bars must be from Approved Suppliers.
- Be "disc" barbells only.
- Bars must conform to the following dimensions:
  - Total overall length - not to exceed two hundred twenty (2.2) cm.
  - Distance between the collar faces - not to exceed one hundred thirty two (132) cm or be less than one hundred thirty two (132) cm.
  - Diameter of the bar - not to exceed twenty nine (29) mm or be less than twenty eight (28) mm.
  - Weight of the bar and collars - to be twenty five (25) kg.
  - Diameter of the sleeve not to exceed fifty two (52) mm or be less than fifty (50) mm.
  - There shall be a diameter machined marking or the bar taped so as to measure eighty one (81) cm between marking or tape.
- The bar must be straight and well knurled and grooved; it must not be chromed on the knurling, meeting the requirements outlined below.
- As of 2008, the "knurling" distances on IBSA Powerlifting approved bars will become standard based on one of the originally approved bars. (IBSA Powerlifting Sport Committee only recognize the IPF Approved Bars)

5.2.4.1. The bar shall not be changed during the Competition unless it is bent or damaged in some way as determined by the Referees, Jury or Technical Delegate.



5.2.5. **Discs:** Discs used at all Recognized Competitions must comply with the following:

- Weigh within 0.25 percent or ten (10) g of their face value:

Disc Face Value (kg)	Minimum (kg)	Maximum (kg)
25	24.9375	25.0625
20	19.95	20.05
15	14.9625	15.037
10	9.975	10.025
5	4.9875	5.0125
2.5	2.49	2.51
1.25	1.24	1.26
0.5	0.49	0.51
0.25	0.24	0.26

- The hole size in the middle of the disc must not exceed fifty three (53) mm or be less than fifty two (52) mm.
- Discs must be within the following range : one and a quarter (1.25) kg, two and a half (2.5) kg, five (5) kg, ten (10) kg, fifteen (15) kg, twenty (20) kg and twenty five (25) kg.
- For record purposes, lighter discs may be used to achieve a weight of at least one half (0.5) kg more than the existing record.
- Discs weighing twenty (20) kg and over must not exceed six (6) cm in thickness. Discs weighing fifteen (15) kg and under must not exceed three (3) cm in thickness. Rubber discs do not have to conform to the stated thickness.
- Discs must conform to the following color code:

Disc	Colour
25	Red

20	Blue
15	Yellow
10 and under	Any

- All discs must be clearly marked with their weight;
- The diameter of the largest discs shall not be more than forty five (45) cm.

5.2.5.1. Discs must be loaded as follows:

- According to Appendix: Disc Loading Chart;
- In sequence of heavier discs innermost with the smaller discs in descending weight arranged (so Referees can read the weight on each disc);
- With collars securing the discs on the sleeve of the bar.

5.2.6. Collars: Two (2) collars must be used, each weighing two and a half (2.5) kg.

5.2.7. Squat Racks: Squat racks used at all Recognized Competitions must comply with the following:

- Squat racks must be from Approved Suppliers.
- They must be designed to adjust from a minimum height of one (1.00) m in the lowest position to extend to a height of at least one hundred and seventy (170) cm in two and a half (2.5) cm increments.
- All racks must be capable of being secured at the required height by means of pins.

5.2.8. Bench: Benches used at all Recognized Competitions must comply with the following:

- Benches must be from Approved Suppliers.
- Benches must conform to the following dimensions:
  - Length - not less than one hundred and twenty two (122) cm and shall be flat and level.
  - Width - not less than twenty nine (29) cm and not exceeding thirty two (32) cm.
  - Height - not less than forty two (42) cm and not exceeding forty five (45) cm measured from the floor to the top of the padded surface of the bench without it being depressed or compacted. The height of the uprights, which must be adjustable, shall be a minimum of seventy five (75) cm to a maximum of one hundred and ten (110) cm measured from the floor to the bar rest position.
  - Minimum width between insides of bar rests shall be one hundred and ten (110) cm.
  - The head of the bench shall extend twenty two (22) cm beyond the center of the uprights with a tolerance of five (5) cm either way.
  - Attached safety stands must be used in all Events. Minimum height of safety racks shall be thirty six (36) cm, having ten (10) holes in increments of two and a half (2.5) cm and fifty (50) cm in length

5.2.9. Foot Blocks: Athletes may use flat surfaced plates or blocks during the Bench Press; they must comply with the following:

- Must be a minimum dimension of sixty (60) cm by forty (40) cm
- Must not exceed thirty (30) cm in total height

- Must be made available for all Athletes in the range of five (5), ten (10), twenty (20) and thirty (30) cm

5.2.10. The use of equipment which do not meet these Rules and Regulations will invalidate the Competition and any Record accomplished.

### 5.3. Scoring Equipment

5.3.1. Timing Clocks: Timing clocks visible to the Competition Areas (Field of Play and Warm-up Areas) must be displayed showing the countdown to Competition, lift time allowance and elapsed time (“Attempt Board”) must be used.

5.3.2. Lights: A system of lights must be provided where the judgements/result of the Referees is displayed. Each Referee will control a white and a red light signifying “Good” and “No Lift” respectively. The lights must be arranged horizontally to correspond with the positions of the three (3) Referees. They should be connected so that they display the result together and not separately. In case of technological failure, flags (or paddles) should be used.

5.3.2.1. Where possible the system should include the failure colors; if this is not possible, cards or similar should be used (e.g., paddles, flags, etc.).

5.3.3. Attempt Board: A display/monitor for the Attempt Board must be provided on the Field of Play displaying the following information:

- Athlete’s name
- Federation name or code
- Lot Number
- Round
- Lift attempt weight
- Referee lights

5.3.4. Scoreboard: A large display/monitor of the Scoreboard should be prominently displayed near the Field of Play for the spectators, Technical Officials and Athletes. An additional display/monitor of the Scoreboard should be displayed in the Warm-up Area.

5.3.4.1. The Athletes’ names should be dynamically ordered for the Session, by the lift attempt and then by Lot Number.

5.3.4.2. The Scoreboard should be displayed in a format similar to the following; additional considerations should be made for Sessions with multiple Groups and/or Bodyweight Categories:

				SQ			BP			SUB TOT	DL			TOT	PLACE
LOT	NAME	NF	BW	R1	R2	R3	R1	R2	R3		R1	R2	R3		

5.3.5. Technical Documents: An overview of the technical documents and their templates is available in Appendix X.

### 5.4. Personal Equipment

5.4.1. At all Recognized Competitions, all Athletes must wear/use Personal Equipment that complies with these Rules and Regulations.

- 5.4.2. Any uniform items that are not explicitly outlined may not be worn for safety purposes (e.g., rings, watches, necklaces, etc.).
- 5.4.3. As a minimum, the Athlete must wear a suit, t-shirt and shoes, including during the Dead Lift, socks which cover the shin.
- 5.4.4. Lifting Suit: One (1) non-supportive lifting suit must be worn by the Athlete, complying with the following:
- Must be one-piece and form fitting without any looseness when worn.
  - Must be constructed entirely of fabric or a synthetic textile material, such that no support is given to the Athlete by the suit in the execution of any lift.
  - The material must be of a single thickness, other than a second thickness of material of up to twelve (12) cm by twenty four (24) cm allowed in the area of crotch.
  - There must be legs to the suit, extending a minimum of three (3) cm and a maximum of twenty five (25) cm, from the top of the crotch down the inside of the leg, as measured when worn by the Athlete in a standing position.
  - May be of one (1) or multiple colors.
  - May have no logos or emblems, except the following are permitted:
    - Athlete's name
    - Athlete's nation/organization
    - Event
    - Manufacturer logo/identification
    - Sponsor's as per the relevant Rules and Regulations
- 5.4.5. T-shirt: One (1) t-shirt must be worn by the Athlete under the lifting suit, complying with the following:
- Must be constructed entirely of fabric or a synthetic textile.
    - Must not consist, in whole or part, of any rubberized or similar stretch material, nor have any reinforced seams or pockets, buttons, zippers or other than a round neck collar.
  - Must have sleeves that terminate below the Athlete's deltoid and must not extend onto or below the Athlete's elbow. The sleeves may not be pushed or rolled up onto the deltoid when the Athlete is competing.
  - May be of one (1) or multiple colors.
  - May have no logos or emblems, except the following are permitted:
    - Athlete's name
    - Athlete's nation/organization
    - Event
    - Manufacturer logo/identification
    - Sponsors in good spirit
- 5.4.6. Briefs: One (1) briefs must be worn by the Athlete under the lifting suit, complying with the following:
- Standard commercial "athletic supporter" or standard commercial briefs of any mixture of cotton, nylon or polyester.
    - Swimming trunks or any garment consisting of rubberized or similar stretch material except in the waistband, shall not be worn under the lifting costume.
- 5.4.7. Bra: One (1) sport bra may be worn by the Athlete underneath the lifting suit, shirt

and other outfit, complying with the following Rules:

- Must lie completely flat when placed on a table.
- Must not have any stiffening, wiring, padding, velcro straps or alterations or enhancements such as reinforced seams, exterior ribbed material, additional patches, padding, support, pockets, buttons, or zippers.

5.4.8. Socks: One (1) sock may be worn on each foot by the Athlete, complying with the following:

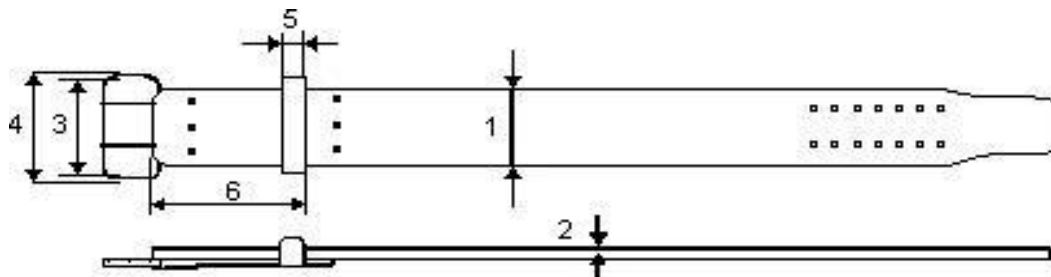
- May be of any color.
- May have the manufacturer's logo/identification
- May not be of a length on the leg that it comes into contact with the knee sleeves.

5.4.8.1. A light protective guard between the sock and shin may be worn.

5.4.8.2. Socks which cover the shin must be worn during the Dead Lift.

5.4.9. Belt: One (1) belt may be worn by the Athlete, complying with the following:

- Must be worn outside of the lifting suit.
- Must be made of leather, vinyl or other similar non-stretch material in one (1) or more laminations which may be glued and / or stitched together.
  - It shall not have additional padding, bracing or supports of any material either on the surface or concealed within the laminations of the belt.
- The buckle shall be attached at one (1) end of the belt by means of studs and/or stitching.
- The belt may have a buckle with one (1) or two (2) prongs or "quick release" type ("quick release" referring to lever.)
- A tongue loop shall be attached close to the buckle by means of studs or stitching.
- Must meet the following dimensions:
  - Width of belt maximum ten (10) cm.
  - Thickness of belt maximum thirteen (13) mm along the main length.
  - Inside width of buckle maximum eleven (11) cm.
  - Outside width of buckle maximum thirteen (13) cm.
  - Tongue loop maximum width five (5) cm.
  - Distance between end of belt and far end of tongue loop maximum twenty five (25) cm.
- May be of one (1) or multiple colors.
- May have no logos or emblems, or the following:
  - Athlete's name
  - Athlete's nation/organization
  - Event
  - Manufacturer logo/identification
  - Sponsor's as per the relevant Rules and Regulations



5.4.10. Shoes: One (1) shoe must be worn on each foot by the Athlete, complying with



the following:

- The sole is maximum five (5) cm
- The sole is flat (no projections, irregularities, or a doctoring from the standard design)
- The inner sole that is not part of the manufactured shoe is maximum one (1) cm
- The shoe may be sport shoes from weightlifting, powerlifting, “deadlift slippers” or other indoor sports (e.g., wrestling, basketball).

5.4.11. Wrist Wraps: One (1) wrist wrap may be worn on each wrist by the Athlete, complying with the following:

- Made of one-ply commercially woven elastic that is covered with polyester, cotton or a combination of both materials or medical crepe.
- Not extend beyond ten (10) cm above and two (2) cm below the center of the wrist joint and shall not exceed a covering width of twelve (12) cm
- Not exceed one (1) m in length and eight (8) cm in width.
- Any sleeves, and velcro patches/tabs for securing must be incorporated within the one (1) m length. A loop may be attached as an aid to securing. The loop must not be over the thumb or fingers during the actual lift.
- Standard commercial sweat bands may be worn, not exceeding twelve (12) cm in width. A combination of wrist wraps and sweat bands is not allowed.
- May have the manufacturer logo/identification

5.4.12. Knee Sleeves: One (1) knee sleeve may be worn on each knee by the Athlete, complying with the following:

- Must be constructed entirely of a single ply of neoprene, or predominantly of a single ply of neoprene plus a non-supportive single layer of fabric over the neoprene. There may be stitched seams of the fabric and/or of the fabric onto the neoprene. The entire construction of the sleeves may not be such as to provide any appreciable support or rebound to the Athlete’s knees,
- Must be of a maximum thickness of zero point seven (0.7) cm and a maximum length of thirty (30) cm.
- Must not have any additional strapping, Velcro, drawstrings, padding or similar supportive devices in or on them. Knee sleeves must be continuous cylinders, without holes in the neoprene or in any covering material.
- When worn in Competition, must not be in contact with the Athlete’s suit or socks and must be centered over the knee joint.
- May have the manufacturer logo/identification

5.4.13. Medical Tape: Medical tape may be used by the Athlete, complying with the following:

- Two (2) layers of medical tape may be worn on the thumbs. Medical tape or its like may not be worn anywhere else on the body without official permission of the President of Jury or Chief Referee. Medical tape may not be used as aids to the Athlete in holding the bar.
  - Where a Jury is not appointed and no medical personnel are on duty, the Chief Referee shall have jurisdiction over the use of medical tape.
  - Contingent upon prior approval by the President of Jury, Official Doctor, Paramedic or Paramedical Personnel on duty, medical tape may be applied to bodily injuries in a fashion that would not grant

the Athlete an undue advantage.

- 5.4.14. Head Item: One (1) head item may be worn by the Athlete, complying with the following:
- Must be any one (1) color with no pattern or design
  - Must be one (1) lay/thickness with the exception of the hem (two (2) layers are permitted)
  - Must lie completely flat when placed on a table
  - Must be form fitting on the Athlete's head and neckline
  - Must not have any stiffening, wiring, padding or alterations or enhancements such as reinforced seams, exterior ribbed material, additional patches, padding, support, pockets, buttons, zippers sequins or jewelry
  - Must not cover the eyes, nose and mouth or be worn below the neckline
  - May have the manufacturer logo/identification
- 5.4.15. Other Outfit: One (1) additional unitard or pair (2) of sleeves may be worn by the Athlete underneath the lifting suit and/or touching the shirt; it may cover the elbows and/or knees, complying with the following:
- Must be any one (1) color with no pattern or design
  - Must be one (1) lay/thickness with the exception of the hem (two (2) layers are permitted)
  - Must be form fitting on the Athlete's body, specifically over their elbows and knees
  - Must not have any stiffening, wiring, padding or alterations or enhancements such as reinforced seams, angling of sleeves or legs, exterior ribbed material, additional patches, padding, support, pockets, buttons, collars, zippers sequins or jewelry
  - If the unitard option, it may be one (1) or two (2) pieces with the separation between the upper and lower body, and may be worn individually or together
  - If the sleeve option, only one (1) sleeve may own on each arm
  - Must lie completely flat when placed on a table
  - Must be worn under other uniform items
  - May have the manufacturer logo/identification
- 5.4.16. Other:
- The use of oil, grease or other lubricants on the body or personal equipment is strictly forbidden.
  - Baby powder, resin, talc and/or magnesium carbonate are the only substances that may be added to the body and items (except for wraps).
  - The use of any form of adhesive on the bottom of footwear is strictly forbidden. This includes built-in adhesive, glass paper, emery cloth, resin and magnesium carbonate. Spraying water is acceptable.
  - No foreign substances beyond a cleaning agent by the Local Organizing Committee may be applied to the Technical Equipment.
  - Hats are strictly forbidden to be worn by Athletes during lifting.
  - Eyewear and mouthpieces are permitted and do not need to be inspected.

## 6. Appendix 2: Hosting, Venue and Technical Requirements

### Technical

Requirement	Specifications
<b>Competition Area</b>	<ul style="list-style-type: none"> <li>a) Space of at least thirty (30) m by ten (10) m with space for technical tables and Technical Official positions with additional space for spectators               <ul style="list-style-type: none"> <li>• Appropriate lighting</li> </ul> </li> <li>b) One (1)x platform equipped from an Approved Supplier with:               <ul style="list-style-type: none"> <li>• Bar</li> <li>• Collars</li> <li>• Discs:                   <ul style="list-style-type: none"> <li>i. 14x 25 kg</li> <li>ii. 2x 20 kg</li> <li>iii. 2x 15 kg</li> <li>iv. 2x 10 kg</li> <li>v. 2x 5 kg</li> <li>vi. 2x 2.5 kg</li> <li>vii. 2x 1.25 kg</li> <li>viii. 2x 1 kg</li> <li>ix. 2x 0.5 kg</li> <li>x. 2x 0.25 kg</li> </ul> </li> <li>• Platform</li> <li>• Squat stand</li> <li>• Bench</li> <li>• Disc racks</li> <li>• Foot blocks in ranges of five (5) cm, ten (10) cm, twenty (20) cm and thirty (30) cm</li> <li>• Chalk box</li> <li>• Supply of chalk</li> <li>• Referee flags (three (3)x white, three (3)x red)</li> </ul> </li> <li>b) Platform banner at least five (5) m by three (3) m featuring the IBSA and competition logos</li> <li>c) Audio speaker with connection to the Announcer</li> <li>d) Wireless microphone for Announcer</li> <li>e) 1x display/project/television with connection to the scoring system (minimum fifty (50) inches) <i>Scoreboard</i></li> <li>f) 1x display/project/television with connection to the scoring system (minimum fifty (50) inches) <i>Attempt Board</i></li> <li>g) 1x monitor with connection to the scoring system (minimum thirteen (13) inches)</li> <li>h) Cleaning supplies               <ul style="list-style-type: none"> <li>• Broom</li> <li>• Mop</li> <li>• Bucket</li> <li>• Scrubbing brush</li> <li>• Vacuum cleaner</li> <li>• Towels</li> <li>• Cleaning solution (e.g., 10% Clorox)</li> </ul> </li> <li>i) Supply of sealed water</li> <li>j) Tables and seats for Technical Officials and Spotter Loaders               <ul style="list-style-type: none"> <li>• Referees 3x</li> <li>• Spotter Loaders 5x</li> <li>• Jury and Technical Delegate 4x</li> <li>• Other Technical Officials 6x</li> <li>• Scoring system                   <ul style="list-style-type: none"> <li>▪ 2x laptops with HDMI ports</li> <li>▪ WiFi internet connection (private line with minimum up/download speed of 10 Mb/s)</li> <li>▪ 3x tablets/smartphones</li> <li>▪ Energy supply with minimum 4x input EU input ports (or</li> </ul> </li> </ul> </li> </ul>

Requirement	Specifications
	<ul style="list-style-type: none"> <li>converters)</li> <li>▪ HDMI splitter with minimum 4x output ports</li> <li>▪ HDMI cabling (Recommended based standard on venue but will vary) <ul style="list-style-type: none"> <li>• 2x 1 m</li> <li>• 3x 50 m</li> </ul> </li> <li>k) Printer/photocopier</li> <li>l) Supply of paper</li> <li>m) Stationery items <ul style="list-style-type: none"> <li>• Pens in blue/black/red</li> <li>• White-out/pen correction tape</li> <li>• Highlight markers</li> </ul> </li> </ul>
<b>Warm-up Area</b>	<ul style="list-style-type: none"> <li>a) Space of at least thirty (30) m by ten (10) m</li> <li>b) A minimum of four (4)x platforms (preferably five (5)x); each equipped with: <ul style="list-style-type: none"> <li>• Bar</li> <li>• Collars</li> <li>• Discs: <ul style="list-style-type: none"> <li>i. 10x 25 kg</li> <li>ii. 2x 20 kg</li> <li>iii. 2x 15 kg</li> <li>iv. 2x 10 kg</li> <li>v. 2x 5 kg</li> <li>vi. 2x 2.5 kg</li> <li>vii. 2x 1.25 kg</li> </ul> </li> <li>• Platform</li> <li>• Squat stand and bench</li> <li>• Chalk box</li> <li>• Supply of chalk</li> </ul> </li> <li>c) Audio speaker with connection to the Announcer</li> <li>d) Two (2) televisions with connection to the scoring system and live video (minimum forty (40) inches)</li> <li>e) Supply of sealed water</li> </ul>
<b>Ancillary Areas</b>	
<b>Protocol Room</b>	<ul style="list-style-type: none"> <li>a) Podium with positions of one (1), two (2) and three (3)</li> <li>b) Table and chairs for trophies and medals</li> <li>c) Clothes rack and hangers for flags</li> <li>d) Trophies and medals as defined by level of Competition</li> </ul>
<b>Weigh-in Room</b>	<ul style="list-style-type: none"> <li>a) Space with closable door with ancillary waiting area at the same location as the Competition</li> <li>b) Certified (calibrated) digital scales to two (2) decimal places</li> <li>c) Table and chairs for Technical Officials</li> </ul>
<b>Kit Check Room</b>	<ul style="list-style-type: none"> <li>a) Adjacent to the Weigh-in Room</li> <li>b) Table and chairs for Technical Officials</li> </ul> <p><i>Often not needed due to the Kit Check taking place after the Technical Meeting on the day prior to Competition.</i></p>
<b>Changing Rooms</b>	Standard per the Venue.
<b>Doctor Treatment Room</b>	Consult with the specialist concerning the requirements.
<b>Physiotherapy Treatment Room</b>	Consult with the specialist concerning the requirements.
<b>Doping Control Room</b>	<ul style="list-style-type: none"> <li>a) Lockable room</li> <li>b) Direct access to toilet</li> </ul>

Requirement	Specifications																																								
	<ul style="list-style-type: none"> <li>c) Supply of sealed water</li> <li>d) Table and chair for Sampling Officers</li> <li>e) Chairs for waiting Athletes</li> </ul>																																								
<b>Sport Committee and Championship Office</b>	<ul style="list-style-type: none"> <li>a) Printer/photocopier</li> <li>b) Laptop with connection to printer</li> <li>c) Supply of paper</li> <li>d) Stationery items</li> <li>e) Internet connection</li> <li>f) Table and chairs for Sport Committee and Staff</li> </ul>																																								
<b>Workforce</b>																																									
<b>Technical Officials</b>	<p>The LOC is responsible for recruiting and appointing Officials and in sufficient numbers to ensure the efficient running of the Competition. The essential Officials are listed in the IBSA Powerlifting Technical Rules and Regulations, the LOC will appoint the following Officials:</p> <ul style="list-style-type: none"> <li>a) Announcer (with mastery of spoken English)</li> <li>b) Time Keeper (Preferably a qualified Technical Official)</li> <li>c) Marshal</li> <li>d) Manual Results Controller</li> <li>e) Technical Controllers</li> </ul> <p>The IBSA Powerlifting Committee appoints the following Officials:</p> <ul style="list-style-type: none"> <li>a) Technical Committee Representative (1)</li> <li>b) Technical Delegate (1)</li> <li>c) Scoring Manager (1)</li> <li>d) Technical Officials (Up to 5)</li> <li>e) Classifiers Panels (Up to 4) [Appointed by IBSA directly]</li> </ul> <p>Based on the level of Competition, the following number of Technical Officials are required:</p> <table border="1"> <thead> <tr> <th></th> <th>IBSA Games</th> <th>World/Regional Championships</th> <th>World Cups</th> <th>Other</th> </tr> </thead> <tbody> <tr> <td><b>Committee</b></td> <td>4*</td> <td>4*</td> <td>0</td> <td>0</td> </tr> <tr> <td><b>Technical Delegate</b></td> <td>1</td> <td>1</td> <td>1</td> <td>1</td> </tr> <tr> <td><b>Scoring Manager</b></td> <td>1</td> <td>1</td> <td>1</td> <td>1</td> </tr> <tr> <td><b>ITOs</b></td> <td>3^</td> <td>3^</td> <td>3^</td> <td>0</td> </tr> <tr> <td><b>NTOs</b></td> <td>6</td> <td>6</td> <td>6</td> <td>9</td> </tr> <tr> <td><b>Spotter Loaders</b></td> <td>3+3</td> <td>3+3</td> <td>3+3</td> <td>3+3</td> </tr> <tr> <td><b>Total</b></td> <td><b>21</b></td> <td><b>21</b></td> <td><b>17</b></td> <td><b>17</b></td> </tr> </tbody> </table> <p>*At IBSA Games, World and Regional Championships, the Chairperson and three (3) ITOs are also represented within the Technical Committee numbers.  ^At World Championships, Regional Championships and World Cups, participating nations should send one (1) International Technical Official.</p>		IBSA Games	World/Regional Championships	World Cups	Other	<b>Committee</b>	4*	4*	0	0	<b>Technical Delegate</b>	1	1	1	1	<b>Scoring Manager</b>	1	1	1	1	<b>ITOs</b>	3^	3^	3^	0	<b>NTOs</b>	6	6	6	9	<b>Spotter Loaders</b>	3+3	3+3	3+3	3+3	<b>Total</b>	<b>21</b>	<b>21</b>	<b>17</b>	<b>17</b>
	IBSA Games	World/Regional Championships	World Cups	Other																																					
<b>Committee</b>	4*	4*	0	0																																					
<b>Technical Delegate</b>	1	1	1	1																																					
<b>Scoring Manager</b>	1	1	1	1																																					
<b>ITOs</b>	3^	3^	3^	0																																					
<b>NTOs</b>	6	6	6	9																																					
<b>Spotter Loaders</b>	3+3	3+3	3+3	3+3																																					
<b>Total</b>	<b>21</b>	<b>21</b>	<b>17</b>	<b>17</b>																																					
<b>Volunteers</b>	<ul style="list-style-type: none"> <li>a) Spotter Loaders: a minimum of two (2) interchangeable teams of at least three (3) members</li> <li>b) Doping Control Assistants: a minimum of two (2) persons are needed to be guardians for Athletes who are selected for doping tests and wait for their turn to take the test</li> <li>c) Protocol: a minimum of three (3) persons are needed to support the protocol of the Competition such as organizing medals, trophies and the playing of anthems</li> <li>d) Additional Officials such as Doctors, Paramedics, Therapists etc. may be appointed as necessary <ul style="list-style-type: none"> <li>a. A volunteer with first aid training must be present during all training and Competition.</li> </ul> </li> </ul>																																								

## Additional Hosting Requirements

Requirement	Specifications
<b>Brand</b>	<ul style="list-style-type: none"> <li>The brand "IBSA" is mandatory in the Event's name. The nomenclature that should be used is as follows: Year + IBSA + name of sport (e.g, Powerlifting) + type of Event (e.g. African Championships, World Championships).</li> <li>The IBSA logo must be displayed in all official announcements every time the name of the Event is stated.</li> <li>The IBSA logo should be part of the official logo of the Event.</li> <li>The IBSA logo must be present in all graphic material produced, on the official website of the Event. It should be part, necessarily, of the look of the Games, including the uniforms of the LOC and Referees.</li> </ul>
<b>Accommodations</b>	The LOC must provide suitable accommodation options to participating Member Federations.
<b>Meals</b>	The LOC must provide suitable meal options to participating Member Federations.
<b>Transportation</b>	The LOC must provide suitable transportation options to participating Member Federations to and from the airport, accommodations and Event Venue.
<b>Technical Officials and Classifiers</b>	<p>The LOC must cover the costs (flight tickets, visa, travel insurance, COVID-19 and other required testing, ground transportation from home and back, accommodations and full board) for the following roles:</p> <ul style="list-style-type: none"> <li>IBSA Technical Committee Representative (1)</li> <li>IBSA Technical Delegate (1)</li> <li>IBSA Scoring Manager (1)</li> <li>IBSA International Technical Officials (Up to 3)</li> <li>IBSA Classifiers Panels (Up to 4)</li> </ul> <p>The roles listed above must be paid a per diem of EUR twenty five (25) per day from the day of arrival to the day of departure.</p> <p>Based on the entries, IBSA will determine the number of Classifiers required.</p>
<b>Classification</b>	The LOC must ensure the Event and its Classification complies with the IBSA Classification Rules and all requirements of the IBSA Classification Manual for Organizers of Sanctioned Competitions, including the arrangements of the equipment and relevant logistics.
<b>Anti-Doping</b>	The LOC must ensure that the event complies with the IBSA Anti-Doping Rules. The number and types of tests is determined by the IBSA Medical Committee; generally it is ten percent (10%) of registered Athletes by urine.
<b>Capitation Fee</b>	The LOC must pay a Capitation Fee of EUR twenty five (25) per Athlete to IBSA no later than six (6) weeks after the Event.
<b>Medals, Trophies and Certificates</b>	<p>The LOC must organize medals, trophies and certificates for the Competition based on the entries.</p> <p>Based on the level and type of Competition, medals will be awarded for first (1st), second (2nd) and third (3rd) ranks by:</p> <ul style="list-style-type: none"> <li>Age Groups</li> <li>Bodyweight Category</li> <li>Lift Movement <ul style="list-style-type: none"> <li>Total</li> <li>Bench Press - Single Lift</li> <li>Squat (TBD by IBSA/LOC)</li> <li>Bench Press - Powerlifting (TBD by IBSA/LOC)</li> <li>Deadlift (TBD by IBSA/LOC)</li> </ul> </li> </ul> <p>Trophies will be presented for:</p> <ul style="list-style-type: none"> <li>Teams (Total, Open; Men and Women): first (1st), second (2nd) and third (3rd)</li> <li>Athletes (Powerlifting Total and Bench Press; Open; Men and Women): first (1st) <ul style="list-style-type: none"> <li>Additional Trophies TBC by LOC</li> </ul> </li> </ul> <p>Certificates must be presented to all accredited participants (Athletes, Coaches, Administrators, Technical Officials, etc.).</p>

<b>Requirement</b>	<b>Specifications</b>
<b>Media and Social Media</b>	It is recommended that the LOC have a dedicated staff or volunteer focused on writing and posting for social media, as well as cooperating with external media (e.g., newspaper, radio and television).
<b>Live Stream</b>	It is recommended that the LOC provide live stream coverage for the Competition with one (1)x to three (3)x cameras; the Timing and Scoring used by IBSA PO has ability to provide graphics overlaid in a simple manner.
<b>Audio, Music and Protocol</b>	<p>An audio system to play the national anthems and other music must be provided.</p> <p>Each Federation is responsible for bringing their own national flag (one hundred (100) x one hundred fifty (150) cm) and anthem (USB), providing them to the LOC during the Technical Meeting.</p> <p>Music accompanying the Athletes is under the direction of the Jury and should be lowered during the Athlete's lifts. Music should be the "clean" version without curse words and/or negative messages.</p>

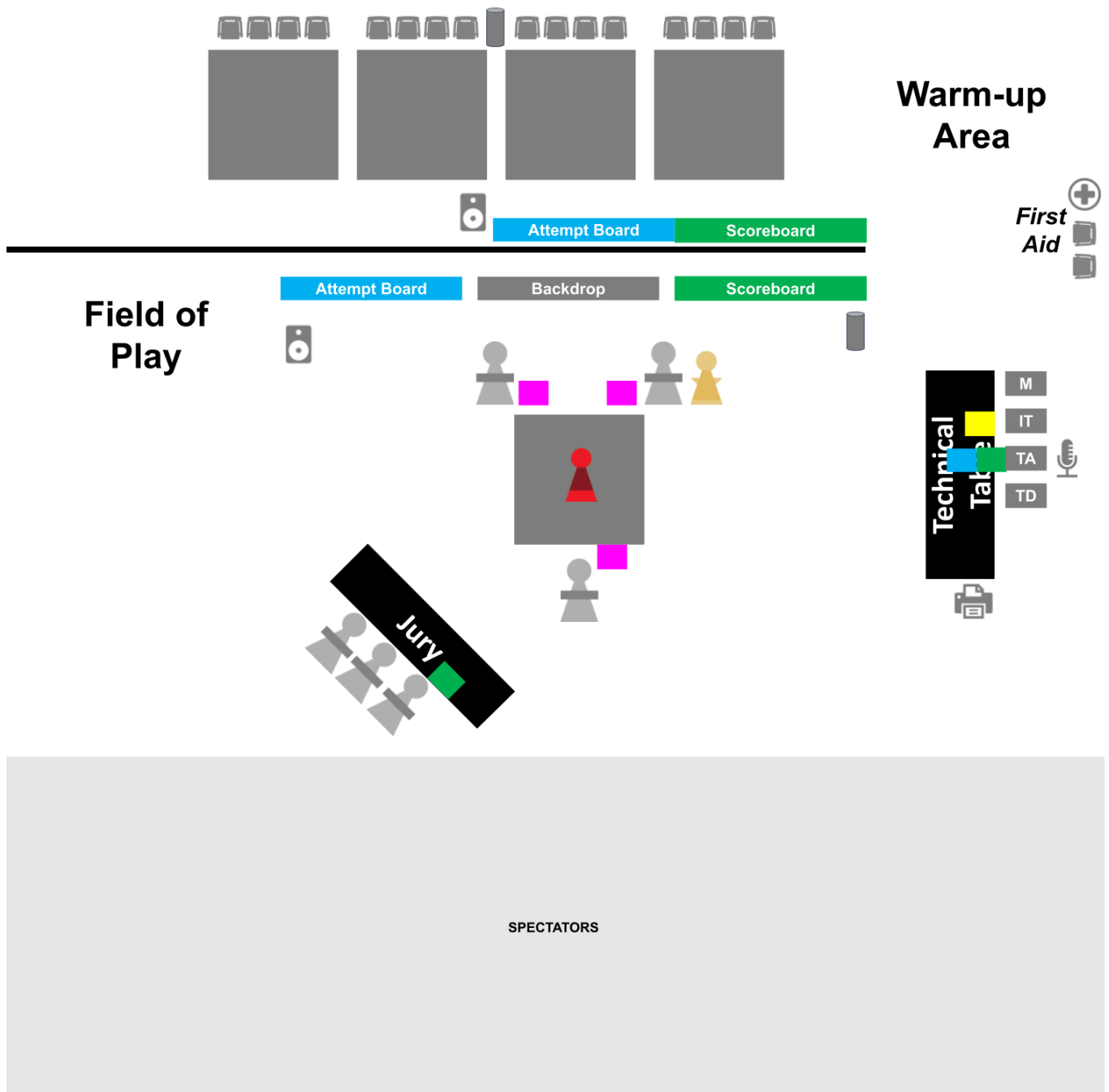
## Typical Schedule

Below is a typical IBSA Powerlifting Championships schedule. The schedule is subject to change after entry deadlines and the Technical Meeting.

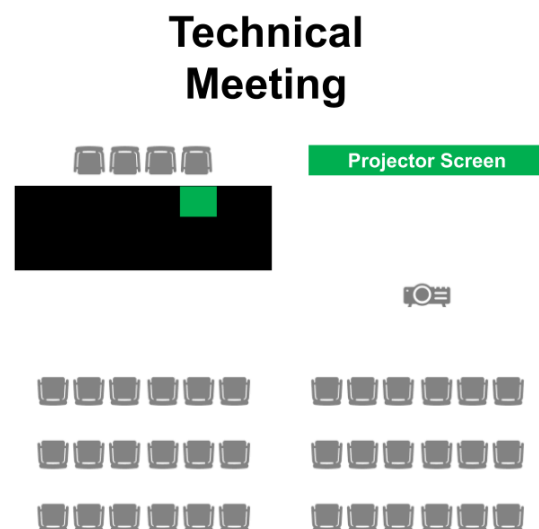
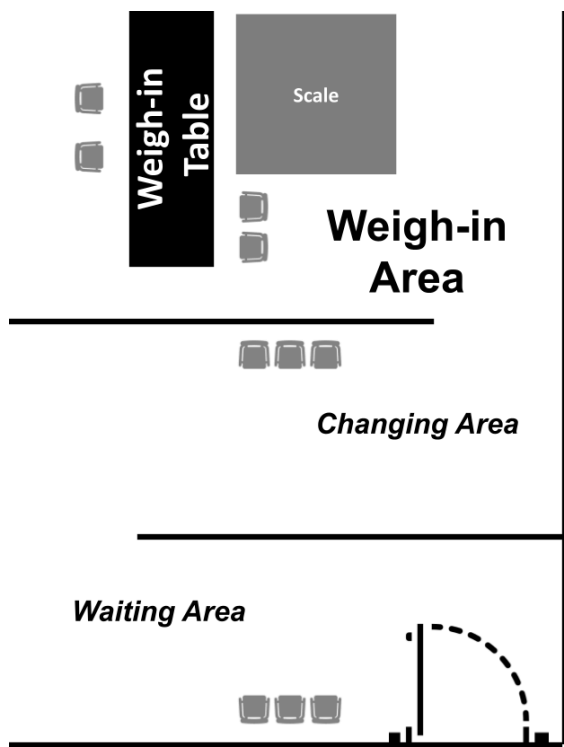
<b>Date</b>	<b>Activity(ies)</b>
<b>Day 1</b>	<ul style="list-style-type: none"> <li>• Arrival of Delegations</li> </ul>
<b>Day 2</b>	<ul style="list-style-type: none"> <li>• Classification</li> <li>• Training</li> <li>• Technical Official Training Course</li> </ul>
<b>Day 3</b>	<ul style="list-style-type: none"> <li>• Classification</li> <li>• Training</li> <li>• Technical Meeting</li> <li>• Kit Check - Women</li> <li>• Kit Check - Men</li> <li>• Technical Official Meeting</li> <li>• Opening Ceremony</li> </ul>
<b>Day 4</b>	<ul style="list-style-type: none"> <li>• Competition - Women (All)</li> </ul>
<b>Day 5</b>	<ul style="list-style-type: none"> <li>• Competition - Men (Lightweight)</li> </ul>
<b>Day 6</b>	<ul style="list-style-type: none"> <li>• Competition (Heavyweight)</li> <li>• Closing Banquet</li> </ul>
<b>Day 7</b>	<ul style="list-style-type: none"> <li>• Departure of Delegations</li> </ul>

## Typical Layout

Below is a typical IBSA Powerlifting layout. The layout is subject to change based on the Venue and available equipment.







## Victory Ceremony Protocol

The Victory Ceremony must be made of a high standard as this is an important ceremony highlighted by the Athletes, Officials, Spectators and media. Many pictures and videos are made, which are distributed and reflect the standard and the quality of IBSA Powerlifting.

Together with the national anthem played for the winner, the national flags for the medalists may be hoisted but this is not obligatory.

Representatives to present the medals are appointed by the Meet Director (or another representative of the organization). The IBSA Powerlifting Chairperson or another IBSA representative should be one (1) of the persons presenting the medals.

The typical protocol is:

### **Marching-in:**

1. A representative from the LOC (or the Technical Controller) collects the result list and lines up all Athletes in the correct Bodyweight Category in the Warm-up Area.
2. All Athletes must wear national track suits for the Victory Ceremony.
3. The Athletes are marched in by the representative from the LOC.

### **Medal Ceremony:**

4. Medals (gold, silver and bronze) for each discipline will be handed out first (1st) in the order of Bench then Total.
5. Medals should be presented on pillows or plates by one (1) or preferably three (3) nicely dressed women or children.
6. The appointed persons, who will present the medals by picking them up and placing them over the head and neck of the winning Athletes, following the call of the Announcer.
7. The Announcer calls first the bronze winner to enter the podium and they receive their medal, and then the Silver medalist and finally the gold winner.
8. When the medals for the three (3) total winners are presented, the Announcer announces the names of the Athletes for the following places (from number four (4)) and the Athletes step forward and line up beside the medal winners.
9. The national anthem of the winner (Total) is played in a shortened version. The representatives presenting the medals stand beside the Athletes.
10. When the anthem is completed and pictures taken, the Athletes are marched out by the LOC representative accompanied by music.

## **Opening Ceremony Protocol**

The Opening Ceremony may include an entertaining and cultural program or be simpler but always in a formal standard which reflects the high level of a Championships in IBSA Powerlifting. **The Opening Ceremony is only required at IBSA Championships.**

A minimum ceremony will be as follows:

1. The LOC must prepare tags with the name of each competing country.
2. The LOC must provide persons to carry the country name tags (e.g. school children) or give the name tags to each nation upon lining up for Presentation.
3. The LOC must line up (behind the stage) one (1) Official and one (1) Athlete from each nation behind the respective country name tags.
4. The LOC must provide music to accompany the marching in of representatives into the Competition Venue. The procession shall be headed with one (1) representative from the Organization. The procession shall line up in front of the podium facing the spectators.
5. A representative from the LOC and preferably a representative of the local government should make the welcoming speeches.
6. The IBSA Powerlifting Chairperson or another IBSA representative makes the final speech and declares the Championships "opened".
7. The procession is marched out headed by the representative of the LOC accompanied by music.

## **Closing Ceremony Protocol**

A banquet is the Closing Ceremony of the Championships. Here, results, awards, distinctions, thanking words, etc. shall be expressed. The highlight is of course good food, drinks and preferably music ending the proceedings. **The Closing Ceremony is only required at IBSA Championships.**

Before the banquet, the LOC must prepare:

- One (1) envelope for each nation. Each envelope must contain:
  - Complete result lists from the Competition
  - Diplomas – one (1) for each participating Athlete, Coach and Referee from that country.
- Bring all trophies for Best Athletes and teams

### **Agenda for the Banquet:**

1. The LOC welcomes all and passes the narrative to the IBSA representatives.

2. The IBSA representative welcomes all and speaks about the Competition, honoring people that deserve it and thanking the LOC. A memory gift from IBSA is handed over to the Meet Director.
3. The IBSA representatives hand over the envelopes to representatives from each nation. Starting with the nation that has the lowest score in the team Competition. The top nations receive the Best Team trophies. The Best Athlete(s) are called to receive the Best Lifter trophy.
4. The LOC may say some words to thank the Organizing Staff, the municipal representatives, etc.
5. The IBSA representative states that the official part of the Championship is closed and welcomes all to the next year's Championships.
6. The LOC or the IBSA representative (as agreed upon) invites all to start the meal.

## 7. Appendix 3: Disc Loading Chart

- Bar: twenty (20) kg
- Collars: two (2) two and a half (2.5) kg
- Records: two (2) zero point twenty-five (0.25) kg

Weight (kg)	25	20	15	10	5	2.5	1.25	0.5
25								
27.5							1	
30						1		
32.5						1	1	
35					1			
37.5					1		1	
40					1	1		
42.5					1	1	1	
45				1				
47.5				1			1	
50				1		1		
52.5				1		1	1	
55			1					
57.5			1				1	
60			1			1		
62.5			1			1	1	
65		1						
67.5		1					1	
70		1				1		
72.5		1				1	1	
75	1							
77.5	1						1	
80	1					1		
82.5	1					1	1	
85	1				1			
87.5	1				1		1	

Weight (kg)	25	20	15	10	5	2.5	1.25	0.5
90	1				1	1		
92.5	1				1	1	1	
95	1			1				
97.5	1			1			1	
100	1			1		1		
102.5	1			1		1	1	
105	1		1					
107.5	1		1				1	
110	1		1			1		
112.5	1		1			1	1	
115	1	1						
117.5	1	1					1	
120	1	1				1		
122.5	1	1				1	1	
125	2							
127.5	2						1	
130	2					1		
132.5	2					1	1	
135	2				1			
137.5	2				1		1	
140	2				1	1		
142.5	2				1	1	1	
145	2			1				
147.5	2			1			1	
150	2			1		1		
152.5	2			1		1	1	
155	2		1					
157.5	2		1				1	
160	2		1			1		
162.5	2		1			1	1	

Weight (kg)	25	20	15	10	5	2.5	1.25	0.5
165	2	1						
167.5	2	1					1	
170	2	1				1		
172.5	2	1				1	1	
175	3							
177.5	3						1	
180	3					1		
182.5	3					1	1	
185	3				1			
187.5	3				1		1	
190	3				1	1		
192.5	3				1	1	1	
195	3			1				
197.5	3			1			1	
200	3			1		1		
202.5	3			1		1	1	
205	3		1					
207.5	3		1				1	
210	3		1			1		
212.5	3		1			1	1	
215	3	1						
217.5	3	1					1	
220	3	1				1		
222.5	3	1				1	1	
225	4							
227.5	4						1	
230	4					1		
232.5	4					1	1	
235	4				1			
237.5	4				1		1	

Weight (kg)	25	20	15	10	5	2.5	1.25	0.5
240	4				1	1		
242.5	4				1	1	1	
245	4			1				
247.5	4			1			1	
250	4			1		1		
252.5	4			1		1	1	
255	4		1					
257.5	4		1				1	
260	4		1			1		
262.5	4		1			1	1	
265	4	1						
267.5	4	1					1	
270	4	1				1		
272.5	4	1				1	1	
275	5							
277.5	5						1	
280	5					1		
282.5	5					1	1	
285	5				1			
287.5	5				1		1	
290	5				1	1		
292.5	5				1	1	1	
295	5			1				
297.5	5			1			1	
300	5			1		1		
302.5	5			1		1	1	
305	5		1					
307.5	5		1				1	
310	5		1			1		
312.5	5		1			1	1	

Weight (kg)	25	20	15	10	5	2.5	1.25	0.5
315	5	1						
317.5	5	1					1	
320	5	1				1		
322.5	5	1				1	1	
325	6							
327.5	6						1	
330	6					1		
332.5	6					1	1	
335	6				1			
337.5	6				1		1	
340	6				1	1		
342.5	6				1	1	1	
345	6			1				
347.5	6			1			1	
350	6			1		1		
352.5	6			1		1	1	
355	6		1					
357.5	6		1				1	
360	6		1			1		
362.5	6		1			1	1	
365	6	1						
367.5	6	1					1	
370	6	1				1		
372.5	6	1				1	1	
375	7							
377.5	7						1	
380	7					1		
382.5	7					1	1	
385	7				1			
387.5	7				1		1	



Weight (kg)	25	20	15	10	5	2.5	1.25	0.5
390	7				1	1		
392.5	7				1	1	1	
395	7			1				
397.5	7			1			1	
400	7			1		1		
402.5	7			1		1	1	
405	7		1					
407.5	7		1				1	
410	7		1			1		
412.5	7		1			1	1	
415	7	1						
417.5	7	1					1	
420	7	1				1		
422.5	7	1				1	1	
425	8							
427.5	8						1	
430	8					1		
432.5	8					1	1	
435	8				1			
437.5	8				1		1	
440	8				1	1		
442.5	8				1	1	1	
445	8			1				
447.5	8			1			1	
450	8			1		1		
452.5	8			1		1	1	
455	8		1					
457.5	8		1				1	
460	8		1			1		
462.5	8		1			1	1	

Weight (kg)	25	20	15	10	5	2.5	1.25	0.5
465	8	1						
467.5	8	1					1	
470	8	1				1		
472.5	8	1				1	1	
475	9							
477.5	9						1	
480	9					1		
482.5	9					1	1	
485	9				1			
487.5	9				1		1	
490	9				1	1		
492.5	9				1	1	1	
495	9			1				
497.5	9			1			1	
500	9			1		1		

## **8. Appendix 4: Technical Announcer Script**

**IN DEVELOPMENT**

## 9. Appendix 5: Technical Document Typical Formats

### Entry List

IBSA PO

Entry by Name

World Games

Version 1.5

Subject to changes



#### By Event

Event	IBSA ID	Country	Gender	Family Name	Given Name	DoB	Class Status	Year of Review
Women's Up to 48 kg VI	25983	UKR	Female	Chaykovska	Olha	1974-02-27	Confirmed	
Women's Up to 48 kg VI	31715	UKR	Female	Svyrybchuk	Olha	1998-06-05	Review	2025
Women's Up to 52 kg VI	25985	UKR	Female	Kozyreva	Vasylysa	1989-11-06	Confirmed	
Women's Up to 56 kg VI	25966	TUR	Female	Dondu	Kanat	1975-09-06	Review	2025
Women's Up to 56 kg VI	25984	UKR	Female	Halinska	Halyna	1961-01-29	Review	2024
Women's Up to 60 kg VI	25987	UKR	Female	Bahniuk	Uliana	1992-06-12	Review	2025
Women's Up to 60 kg VI	55002	CZE	Female	Schanilova Vrtova	Lucie	1984-11-14	Review	2026
Women's Up to 67.5 kg VI	31714	UKR	Female	Hryhorieva	Valentyna	1998-04-03	Review	2024
Women's Up to 67.5 kg VI	52781	EGY	Female	Moustafa	Rewan	2005-01-15	Review	2024
Women's Up to 67.5 kg VI	32081	TUR	Female	Ozdemir	Gulistan	1991-07-15	Review	2022
Women's Up to 67.5 kg VI	57128	JPN	Female	Segawa	Masumi	1966-09-17	New	
Women's Up to 75 kg VI	58355	TUR	Female	Gonen	Sema	1986-10-21	New	
Women's Up to 75 kg VI	31713	UKR	Female	Korobkova	Svitlana	1990-11-01	Review	2026

### Competition Schedule

Day	Session	Bodyweight Categories	Number of Athletes	Weigh-in		Warm-up	Presentation	Competition		Squat		Bench Press		Dead Lift		Victory Ceremonies	
				S	F	S	Technical Official	S	F	S	F	S	F	S	F		
23-Aug	1	W - 48, 52, 56, 60	7	8:00	9:30	9:30	9:55	10:00	12:14	10:00	10:31	10:51	11:23	11:43	12:14	12:29	13:09
	2	W - 67.5, 75, 82.5, 90, 90+	10	13:30	15:00	15:00	15:25	15:30	16:25	15:30	16:15	16:35	17:20	17:40	18:25	18:40	19:30
24-Aug	3	M - 56, 60, 67.5	6	8:00	9:30	9:30	9:55	10:00	13:20	10:00	10:27	11:26	11:53	12:53	13:20	14:24	14:54
		M - 75, 82.5	11	-	-	10:00	10:22	10:27	14:09	10:27	11:16	11:53	12:43	13:20	14:09	14:54	15:14
25-Aug	4	M - 90, 100	8	8:00	9:30	9:30	9:55	10:00	14:05	10:00	10:36	11:44	12:20	13:29	14:05	15:18	15:38
		M - 110, 125, 125+	13	-	-	10:00	10:31	10:36	15:03	10:36	11:34	12:20	13:19	14:05	15:03	15:38	16:08

*Approximate times: subject to changes*

### Kit Check List

IBSA PO  
Kit Check Sheet  
World Games



Name	Team	L	Session	Fligh	Birth Date	Gender	Weight Class	Bandages			Clothing				Other		Remarks	Signatures
								Knee	Wrist	Thumb	Suit	Shirt	Belt	Shoes	Socks	Briefs		
HALINSKA Halyna	UKR	43	1	A	29/01/1961	Female	56											
CHAYKOVSKA Olha	UKR	21	1	A	27/02/1974	Female	48											
BAHNIUK Uliana	UKR	72	1	A	12/06/1992	Female	60											
SVYRYBCHUK Olha	UKR	31	1	A	05/06/1998	Female	48											
KOZYREVA Vasylysa	UKR	62	1	A	06/11/1989	Female	52											

# Weigh-in List

IBSA PO  
Weigh-in List  
World Games



Name	Team	Lo	Session	Flight	Birth Date	Gender	Weight Class	Bodyweight	Squat Rack Height	Bench Rack Height/Safety-Block	Squat 1	Bench Press 1	Dead Lift 1	Signatures
HALINSKA Halyna	UKR	43	1	A	29/01/1961	Female	56							
CHAYKOVSKA Olha	UKR	21	1	A	27/02/1974	Female	48							
DONDU Kanat	TUR	67	1	A	06/09/1975	Female	56							
SCHANILOVA VRTOVA Lucie	CZE	25	1	A	14/11/1984	Female	60							
BAHNIUK Uliana	UKR	72	1	A	12/06/1992	Female	60							
SVYRYBCHUK Olha	UKR	31	1	A	05/06/1998	Female	48							
KOZYREVA Vasylysa	UKR	62	1	A	06/11/1989	Female	52							

# Start List

IBSA PO  
Start List  
World Games  
Session



Name	Team	Lo	Session	Flight	Birth Date	Gender	Weight Class	Bodyweight	Squat Rack Height	Bench Rack Height/Safety	Squat	Bench Press	Dead Lift	Total	Rank	Best Bench Press	Rank
HALINSKA Halyna	UKR	43	1	A	29/01/1961	Female	56										
CHAYKOVSKA Olha	UKR	21	1	A	27/02/1974	Female	48										
DONDU Kanat	TUR	67	1	A	06/09/1975	Female	56										
SCHANILOVA VRTOVA Lucie	CZE	25	1	A	14/11/1984	Female	60										
BAHNIUK Uliana	UKR	72	1	A	12/06/1992	Female	60										
SVYRYBCHUK Olha	UKR	31	1	A	05/06/1998	Female	48										
KOZYREVA Vasylysa	UKR	62	1	A	06/11/1989	Female	52										

# Attempt Card

## Birmingham 2023 IBSA World Games

Squat Rack Height: \_\_\_\_\_

Name: GONEN Sema Lot #: 10

Squat Rack In / Out: \_\_\_\_\_

Platform: 1 Session: 2 Flight: A

Bench Rack Height: \_\_\_\_\_

Age: 36 Birth Date: 1986/10/21 Body Weight: \_\_\_\_\_

Bench Safety Height: \_\_\_\_\_

Foot Blocks: \_\_\_\_\_

Division: Women's Open Weight Class: 75

Division: Women's Bench Open Weight Class: 75

	Attempt 1	Attempt 2	Attempt 3	Best
Squat:	_____ KG	_____ KG	_____ KG	_____ KG
Bench:	_____ KG	_____ KG	_____ KG	_____ KG
Deadlift:	_____ KG	_____ KG	_____ KG	_____ KG
Total:	_____ KG			_____ KG

# Results Sheet

IBSA PO  
Results Book  
World Games  
Version 1.0



Award Division	Weight Class	Name	Team	Birth Date	Body Weight (kg)	Age	Squat 1	Squat 2	Squat 3	Best Squat	Bench 1	Bench 2	Bench 3	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	Total	Place	Wilks Points
Women's Open	48	CHAYKOVSKA Olha	UKR	1974/02/27	47.1	49	90	92.5	-95	92.5	60	-65	65	65	120	125	127.5	127.5	285	1	382.7073715
Women's Open	48	SVYRYBCHUK Olha	UKR	1998/06/05	47.4	25	95	97.5	-100	97.5	55	57.5	-60	57.5	120	127.5	-133	127.5	282.5	2	377.6074206
Women's Open	52	KOZYREVA Vasylysa	UKR	1989/11/06	51.3	33	90	95	98.5	98.5	-65	-65	-65						0		0
Women's Open	56	HALINSKA Halyna	UKR	1961/01/29	54.9	62	102.5	111		111	47.5	50	-52.5	50	135	144		144	305	1	364.4875964
Women's Open	56	DONDU Kanat	TUR	1975/9/6	54.3	47	55	-60	-60	55	50	-52.5	52.5	52.5	90	95	-100	95	202.5	2	244.0860143
Women's Open	60	BAHNIUK Uliana	UKR	1992/06/12	58.9	31	90	95	-100	95	62.5	66	-67.5	66	100	110	120	120	281	1	317.8200076
Women's Open	67.5	HRYHORIEVA Valentyna	UKR	1998/04/03	64.9	25	100	107.5	115.5	115.5	60	65	68	68	135	145	153.5	153.5	337	1	353.951455
Women's Open	67.5	MOUSTAFA Rewan	EGY	2005/01/15	60.6	18	85	-95	95	95	45	50	-55	50	132.5	145	147.5	147.5	292.5	2	323.6047141
Women's Open	67.5	OZDEMIR Gulistan	TUR	1991/07/15	64.3	32	90	100	105	105	50	55	-57.5	55	110	125	-135	125	285	3	301.4123902
Women's Open	75	KOROBKOVA Svitlana	UKR	1990/11/01	73.7	32	95	100	-105	100	60	65	-68.5	65	125	135	-145.5	135	300	1	288.3750113
Women's Open	75	GONEN Sema	TUR	1986/10/21	67.9	36	50	80	-90	80	35	-50	50	50	70	100	110	110	240	2	243.9168278
Women's Open	82.5	ASIEIEVA Nina	UKR	1979/03/20	81.3	44	125	132.5		132.5	67.5	72.5	75	75	135	145		145	352.5	1	319.7085474
Women's Open	82.5	SOKR Shaimaa	EGY	2002/11/09	81.5	20	100	110	112.5	112.5	50	55.5	-57	55.5	122.5	133	135	135	303	2	274.4513931
Women's Open	90	BERUASHVILI Sofo	UKR	1996/01/09	84	27	130	-135	140.5	140.5	65	70	72.5	72.5	130	140	145	145	358	1	319.2429961
Women's Open	90	BAHNIUK Rymma	UKR	2002/06/07	101	21	135	142		142	65	72.5	77.5	77.5	140	150	163.5	163.5	383	1	317.9675741

## Field of Play Scoreboard

AAAAAAA AAAAAA AAAAAAA AAAAAA  
Lift 000kg

Lift-0: 000 kg (0.00 lbs) 1 : 30 . 0

Team Name 2 2 2 2 2 2 2 2 2 2 2 2

Men's Raw Open 120+ 5 5 5 5 5 5 5 5 5 5 5 5

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If successful will move from 10th to 1st place

Name	Team	Lot	Body Wgt	Squat 1	Squat 2	Squat 3	Bench 1	Bench 2	Bench 3	Subtotal	Dead 1	Dead 2	Dead 3	Division	Weight Class	Total	Place
Session 3																	
ZHANYBBAEV Madyar	KAZ	28	58.5	65	70	75	65	70	75	150	100	110	115	Men's Open	60	265	2
														Men's Master	60	265	1
														Men's Bench Open	60	75	2
														Men's Bench Master	60	75	1
TKACH Mikhail	KAZ	26	49.25	70	70	75	80	85	90	160	85	95	100	Men's Open	56	260	2
														Men's Bench Open	56	85	2
DRANYI Volodymyr	UKR	14	59.35	140	150	160	100	107.5	112.5	262.5	200	212.5	0	Men's Open	60	475	1
														Men's Bench Open	60	112.5	1
SHAULSKYI Volodymyr	UKR	45	55.65	140	150	0	85	92.5	95	242.5	170	185	191.5	Men's Open	56	427.5	1

NEXT - XXXXXXX XXXXXXX - 200kg - 25(3) - 10 - 2.5

# Attempt Board

AAAAAAA AAAAAA  
Lift-0: 000 kg (0.00 lbs)  
Team Name  
Men's Raw Open 120+

# 1 : 30 . 0

AAAAAAA AAAAAA  
Lift  
000kg

2	2	2	2	2	2	2	2	2	2	2	2	2	1	1	5	2	1	0	0	0
5	5	5	5	5	5	5	5	5	5	5	5	5	5	0	5	0	5	5	5	5

## Warm-up Scoreboard

Name	Team	Lot	Body Wgt	Flight	Squat 1	Squat 2	Squat 3	Bench 1	Bench 2	Bench 3	Subtotal	Dead 1	Dead 2	Dead 3	Division	Weight Class	Total	Place
DRANYI Volodymyr	UKR	14	59.35	A	140	150	160	100	107.5	112.5	262.5	200	212.5	0	Men's Open	60	475	1
															Men's Bench Open	60	112.5	1
HAMOUDA Mohamed	EGY	21	65.05	A	157.5	167.5	175	90	100	102.5	275	200	215	225	Men's Open	67.5	500	2
															Men's Bench Open	67.5	100	2
TKACH Mikhail	KAZ	26	49.25	A	70	70	75	80	85	90	160	85	95	100	Men's Open	56	260	2
															Men's Bench Open	56	85	2
ZHANYSSAEV Madyar	KAZ	28	58.5	A	65	70	75	65	70	75	150	100	110	115	Men's Open	60	265	2
															Men's Master	60	265	1
															Men's Bench Open	60	75	2
															Men's Bench Master	60	75	1
SHAULSKIY Volodymyr	UKR	45	55.65	A	140	150	0	85	92.5	95	242.5	170	185	191.5	Men's Open	56	427.5	1
															Men's Bench Open	56	92.5	1
ROMANIUK Yuri	UKR	58	67.2	A	175	187.5	196	130	137.5	145.5	325	210	220	0	Men's Open	67.5	535	1
															Men's Bench Open	67.5	137.5	1
KHAPUZOV Assimzhan	KAZ	11	75.65	B	100	110	115	85	92.5	95	210	115	125	135	Men's Open	82.5	345	4
															Men's Master	82.5	345	2
															Men's Bench Open	82.5	95	4
															Men's Bench Master	82.5	95	2
KUROV Roman	UKR	12	74.95	B	190	200	205	145	152.5	155	357.5	240	250	264.5	Men's Open	75	622	1
															Men's Bench Open	75	152.5	1
MAKAROV Hlib	UKR	17	0	B	0	0	0	0	0	0		0	0	0	Men's Open	82.5	0	
															Men's Bench Open	82.5	0	
ELDABAS Mohamed	EGY	20	80.35	B	180	190	200	137.5	145	147.5	337.5	210	230	240	Men's Open	82.5	567.5	2
															Men's Bench Open	82.5	147.5	1
KANATBEK Sanjar	KAZ	22	72.45	B	80	90	100	75	85	100	185	90	105	115	Men's Open	75	300	3
															Men's Bench Open	75	85	3
HEMID Ahmed	EGY	30	70.9	B	202.5	212.5	220	125 *	130	130	337.5	232.5	245	252.5	Men's Open	75	582.5	2
															Men's Junior	75	582.5	1
															Men's Bench Open	75	125	2
															Men's Bench Junior	75	125	1
MYRONETS Andrii	UKR	43	82.1	B	210	219	222.5	130	140	140	362.5	240	250	260	Men's Open	82.5	612.5	1
															Men's Bench Open	82.5	140	2
MOSKALEV Andrey	KAZ	44	80.95	B	100	105	110	110	115	117.5	227.5	120	127.5	132.5	Men's Open	82.5	355	3
															Men's Master	82.5	355	1
															Men's Bench Open	82.5	117.5	3
															Men's Bench Master	82.5	117.5	1
AZHIBEKOV Assyl	KAZ	50	69.65	B	65	70	70	55	60	60		110 *	0	0	Men's Open	75	0	
															Men's Master	75	0	
															Men's Bench Open	75	0	
															Men's Bench Master	75	0	