

International Blind Sports Federation



Powerlifting Technical Rules and Regulations

Version 1.3

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.
v1.3	2025-January	Updates to reflect the 2025-2028 competition cycle; key changes include Lift Execution and Lift Attempt Changes, Jury Responsibility and Challenge Process, and the addition of the tenth (10th) Women's Bodyweight Category.

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

If 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 to clarify the interpretation or implementation of the Technical Rules and Regulations, the matter 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 act as the international sports federation of the sport of visually impaired (blind) powerlifting.

1.2 The IBSA Publications, including Policies and Procedures, apply to all Recognized Competitions. Including specifically:

- Anti-Doping Rules
- Anti-Match-Fixing policy
- Athlete Nationality Policy
- Code of Ethics

1.3 These Technical Rules and Regulations apply to all levels of Recognized Competitions.

1.4 Competition occurs between Athletes in Categories defined by Gender, body weight, and Age Groups.

1.5 IBSA recognizes the following lifts, which must be followed in sequence at all Recognized Competitions

- Squat
- Bench Press
- Deadlift
- Total

1.5.1 Recognized Competitions where only Bench Press is offered are possible.

1.6 IBSA, through its member federations, organizes and sanctions the following Competitions:

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

1.7 Where necessary, such as at the 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.)

1.8 For IBSA to sanction and recognize a Competition, the following must be followed: at a defined date ahead of the Competition, the Local Organizing Committee (LOC) must submit a bid and application package to the IBSA Powerlifting Sport Committee, and an agreement must be signed.

1.9 Age Group

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	-

1.10 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
	100.00	90.01	100.00
	100.00+	100.01	-

1.11 Entries

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

- Hold a valid Athlete License issued by 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 sports class (other than Not Eligible) by 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

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

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

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

1.11.3.2 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).

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

Deadline	Time Before Classification	Notes
Preliminary Registration	-60 days	Nomination with preliminary Athletes
Final Registration	-30 days	Nomination with final with Athletes

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

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

1.11.5.1 Athletes will have the opportunity to change their Bodyweight Category during the Technical Meeting either up or down one (1) Bodyweight Category at the time of the Final Registration.

1.11.5.2 A change must be accompanied by a fee and method as determined in the Invitation Package.

1.11.6 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.

1.11.7 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.

1.12 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
One (1) Athlete	When there is one (1) Athlete in a single Bodyweight Category, one (1) Medal is awarded.
Two (2) Athletes	When there are two (2) Athletes in a single Bodyweight Category, two (2) Medals are awarded.
Three (3) or more Athletes	When there are three (3) or more Athletes in a single Bodyweight Category, three (3) Medals are awarded as usual.

1.13 Lot Number Draw

1.13.1 After the Technical Meeting, the Lot Numbers will be drawn via the scoring system and randomly allocated to the Athletes.

1.13.2 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 involving up to two (2) Coaches and/or Administrators from each participating National Federation must be conducted at all Recognized Competitions. This meeting shall take place at least one (1) day prior to the start of the Competition, following the Classification process. The meeting will be delivered by the Technical Delegate in collaboration with the 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 Weigh-in Process

2.2.1 The Weigh-in Process is the process of verifying the Athlete's final body weight to confirm that the Athlete is within the necessary parameters permitting them to compete within their nominated Bodyweight Category.

2.2.2 Each Athlete must attend the Weigh-in Process in a designated, private area with the Technical Officials matching the same gender as the Athlete.

2.2.2.1 Each athlete may attend with one (1) team official (coach or manager of the same gender in the bodyweight category or session).

2.2.2.2 The Weigh-in Process is completed in ascending order of Lot Number, from lowest to highest of their Bodyweight Category or Session.

2.2.2.3 If an Athlete is not present when called, they forfeits their position and will be recalled after all other Athletes for that Category.

2.2.2.4 If an Athlete does not present to the Weigh-in at the scheduled time and/or with a form of identification (accreditation or passport), they will be given 20 min to bring docs or the Athlete will be disqualified from the Competition.

2.2.3 The weigh-in process is required to take place no later than one (1) calendar day prior to the commencement of the competition within the designated bodyweight category. This process will be allocated a duration of ninety (90) minutes. If an athlete be found outside the specified parameters of their bodyweight category, so he/she is allowed to return and make weight within the time limits allowed for the weigh in; otherwise they will be eliminated from the competition.

2.2.3.1 The Weigh-in Process may be scheduled by weight category or combined (e.g., by Session).

2.2.4 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.

2.2.4.1 Athletes under eighteen (18) years of age must wear sport underclothing with no option to remove.

2.2.5 Each Athlete may only be weighed in once (1).

2.2.5.1 If an athlete is outside their bodyweight category parameters, they are allowed to re-weigh within the scheduled weigh-in process time after all other athletes in that category, or else they are immediately disqualified.

2.2.5.2 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

2.2.6 During the Weigh-in, the Athlete must confirm their starting lift attempts, rack heights, and foot blocks. These details must be entered on the Weigh-in Sheet and Attempt Card and countered signed.

2.2.6.1 The Athletes' body weights and attempts should not be made public until after all Athletes in that Bodyweight Category(ies)/ Session have weighed in.

2.2.7 The body weight of the Athlete should be written in start list with two (2) decimal.

2.3 Kit Check Process

2.3.1 Each Athlete must attend the Kit Check Process before their Competition or else they are immediately disqualified.

2.3.2 The Kit Check Process (inspection of personal equipment for **Powerlifting Event**) is

required for each athlete to occur immediately prior to the warm-up session for the Bodyweight Category Competition. This process should be conducted in accordance with the scheduled times specified in the Invitation Package.

2.3.2.1 The Kit Check Process is completed in ascending order of Lot Number, from lowest to highest of their Bodyweight Category or Session.

2.3.2.2 If an Athlete is not present when called, they forfeit their position and will be recalled after all other Athletes for that Category.

2.3.2.3 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.

2.3.3 The Kit Check Process may be scheduled by Bodyweight Category or combined (e.g., by Session).

2.3.4 The Kit Check Process (inspection of personal equipment for **Bench Press Event**) for each Athlete must be take place during the Warm-up Bodyweight Category's according to the schedule time of the Invitation Package.

2.3.5 All Personal Equipment items must be inspected and will be conducting photo shooting and video recording by KC Official.

2.3.5.1 The Athlete must wear all of their items for inspection by the Technical Officials.

2.3.5.2 Any items considered unclean or torn will be rejected.

2.3.5.3 Wraps over the permitted length will be rejected but may be cut to the correct length and resubmitted.

2.3.6 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.

2.3.7 During the Kit Check Process, a Coach may request to serve as a Central Spotter-Loader for Squat, Bench Press and Deadlift. If approved, the Technical Delegate will provide the designated armband to the Coach.

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/Coaches per Athlete to enter the Warm-up Area when they have competing Athletes. Each country can present two (2) Team Officials per Athlete and for other additional Athlete from the same country will be plus one (1) Team official/ Coach. Max 6 coaches per Team.

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 Groups are labeled descending alphabetically (e.g., B and A).

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.

2.4.4.2 The Athletes and Coaches of the descending ordered Group that are competing first (1st) will have priority access to the equipment in the Warm-up Area (e.g., Group B go first and the last to be the Group A).

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 ten (10) mins prior to the start of the Competition, the Announcer will announce the Group or Groups 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 proceed and be presented 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 in the World Championship Event.

2.6.4.2 If an Athlete fails to achieve a "Good Lift" on a specific lift (i.e., three [3] "No Lifts"), they may proceed to the next lift in the World Cup Event.

2.6.5 During the Competition, during each Round and each Movement 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 twelve (12) Athletes competing in a Bodyweight Category or Session, Groups may be formed of approximately an equal number of Athletes.

2.7.1.1 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).
- 2.7.7 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 one (1.0) 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 up to 10 kg.

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 the subsequent/next Groups, Announcer should announce until 10 min before the Round 1 of the previous Group that there is five (5) min left for lift attempt change for the subsequent/next Group.

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 one (1.0) kg more than the Athlete's attempt in Round 1.

2.8.3.4 One (1) change is permitted, either:

- lower to a weight not lower than the initial lift attempt weight for Round 1.
- higher to no limit.

2.8.3.4.1 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 2 who would have gone before due to Lot Number.

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 2.

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 one (1.0) 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 Challenge

An Athlete and their Coach may submit a challenge against the Referees’ their own decision.

2.9.1 A Challenge submitted against the lift decision of their own Athlete be accompanied by a cash fee of 50 EURO.

2.9.1.1 A Challenge can be submitted by mean of Challenge Card which should be purchased from Technical Delegate at the Technical Meeting or during the Competition before the beginning of the certain Event as Announcer will announce.

2.9.1.2 If a decision is overturned, the fee will be returned.

2.9.1.3 If a decision is not overturned, the fee will be retained and contributed to IBSA Powerlifting development activities.

2.9.2 A Challenge submitted against the lift decision of their own Athlete be accompanied by a cash fee of 50 EURO.

2.9.3 Upon reception of the Challenge Card, the Jury should provide their decision immediately or up to 1,5 min to come reveal their decision through the President of Jury.

2.9.4 Upon announcement of the President of Jury, there will be no further opportunities to challenge for that lift.

2.9.5 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.

2.10 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 chief referee and the audience. 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.

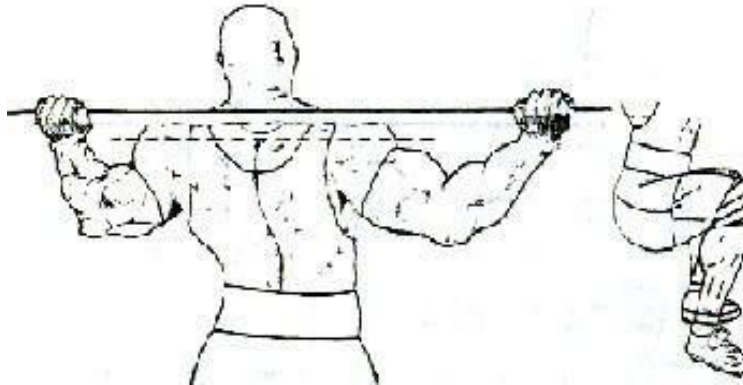
2.10.2 After removing the bar from the racks, the Athlete must move backwards to establish the starting position. When the Athlete is motionless, erect (slight deviation is allowable) with knees locked, the Chief Referee will give the “Start” signal to begin the lift. Before receiving the “Start” signal, 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.

2.10.3 Upon receiving the Chief Referee’s “Start” 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. The Athlete may make any position adjustment within the rules, without penalty while the knees are not bended.

2.10.4 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.

2.10.5 The Athlete must then move forward and return the bar to the racks. The Spotter Loaders or Coach shall help to the Athlete in return the bar back 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"> 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.
2 - Blue	<ul style="list-style-type: none"> Failure to assume an upright position with the knees locked at the commencement and completion of the lift. Any double bouncing, more than one (1) recovery attempt at the bottom of the lift, or any downward movement during the ascent.
3 - Yellow	<ul style="list-style-type: none"> Failure to observe the Chief Referee’s signals at the commencement and completion of a lift. Stepping backward or forward. Contact with bar or Athlete by the Spotter Loaders between the Chief Referees signals, in order to make the lift easier. 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. Any dropping or dumping of the bar after completion of the lift. Incomplete lift.

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 of the Chief Referee 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), if the Athlete due of his/her height cannot locate the feet flat on the floor, one (1) block

or two (2) blocks can be used. The Athlete's shoulders and buttocks must be in contact with the bench surface during the whole lift. 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. Slight 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. The Athlete should use not more than two (2) blocks under his foot.

2.11.4 After correctly positioning themselves, the Athlete may enlist the help of the Spotter Loaders or Coach in removing the bar from the racks. The lift off if assisted by the Spotter Loaders or Coach must be at arms` length.

2.11.5 The spacing of the hands shall not exceed eighty-one (81) cm measured between the forefingers and both 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 and locked out elbows for the Chief Referee's signal. The signal shall be given as soon as the Athlete is motionless and 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. The bar must be controlled (e.g., not dropped the chest) throughout the movement during the eccentric/downwards movement of the bar.

2.11.9 The bar must touch and stop on the chest, remaining static between the bar's eccentric/downwards and concentric/upwards movement. The Athlete must hold the bar motionless (not more 2 sec) until the Chief referee signals the audible command "Press".

2.11.10 The bar must be pressed upwards without unnatural support from several body parts (e.g. "pushing" or "thrusting" with the shoulders and/or chest to propel the bar upwards).

2.11.11 The bar must move in an upward motion during the concentric/upwards movement of the bar. The bar can stop during this phase without penalization meanwhile it does not move downward. As soon as the bar moves downward during the press sequence, the Chief Referee will signal the "Rack" command.

2.11.12 As soon as the bar is pressed with equally timed lock out of both arms and elbows, the audible signal "rack" will be given by the Chief Referee.

2.11.13 The height of the safety racks may be adjusted by the Chief Referee for safety reasons.

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"> • Bar is not lowered to the chest (i.e., not reaching the chest or not touching the abdominal area). • The bar is dropped onto the chest, hits the chest and/or falls into free fall • Heaving or sinking the bar into the chest after it is motionless in such a way as to make the lift easier
2 - Blue	<ul style="list-style-type: none"> • Any downward movement of the whole of the bar in the course of being pressed out. • Failure to press the bar to straight arm's length elbows locked at the completion of the lift. • Failure to press the bar with equally timed lock out of both arms and elbows
3 - Yellow	<ul style="list-style-type: none"> • Failure to observe the Chief Referee's signals at the commencement and completion of a lift. • 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). • Any contact of the Athlete's feet with the bench or its supports. Lifting of the feet is not allowed. • Deliberate contact between the bar and the bar rests/support. • Contact with bar or Athlete by the Spotter Loaders between the Chief Referees signals, in order to make the lift easier. • Incomplete lift.

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 chief referee and the audience, the bar lying horizontally in front of the Athlete's feet, then Athlete should take the bar with an optional grip in both hands and lift until the Athlete is standing erect. Rocking the feet between the ball and heel is permitted.

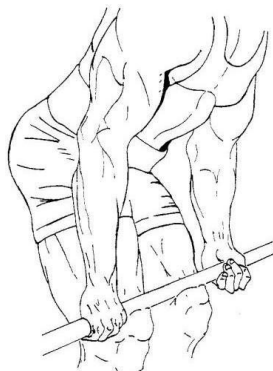
2.12.2 On completion of the lift the knees shall be locked in a straight position and the shoulders back.

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 from the floor or platform 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.

2.12.5 If the bar edges up the thigh but is not supported this is not a cause of failure or reason for disqualification.

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"> • Failure to lock the knees straight at the completion of the lift. • Failure to stand erect with the shoulders back.
2 - Blue	<ul style="list-style-type: none"> • Any downward movement of the bar before it reaches the final position • Supporting the bar on the thighs during the performance of the lift.
3 - Yellow	<ul style="list-style-type: none"> • Lowering the bar before receiving the Chief Referee’s signal. • Stepping backward or forward or moving the feet laterally. • 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). • Incomplete lift.

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.
- If the Chief Referee determines the Spotter Loader comes into contact with the bar during the lift when not instructed to do by the Chief Referee, 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.

2.14 Other Rules

2.14.1 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 with closed toe shoes (with no jeans, caps or hats)
- The coach who escorts the Athlete to FOP or platform should wear the sport tracksuit of National Federation and sport shoes (no jeans, shorts, caps, hats, sleepers, open shoes, crocks)

2.14.1.1 Failure to comply may result in removal from the Warm-up Area and Field of Play.

2.14.2 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 and the responsibility by their NF.

2.14.3 The Coach must stand in the Coach Area, which to be special marked on the Field of Play during the lift attempt of the Athlete.

2.14.4 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 Bench Press if the Coach requested to be the Central Spotter-Loader during the Kit Check Process.
- The Coach may be the Central Spotter Loader and stand behind the Athlete during the lift Attempt if the coach requested to be the Central Spotter-Loader during the Kit Check Process.

2.14.5 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).

2.14.6 If music is played for presentation and atmosphere, it should stop when the Athlete steps onto the platform.

2.14.7 The selection of Athletes for doping testing shall always be made by the respective Anti-Doping Organization.

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 Result/rankings achieved by the Athletes' highest weight lifted ranked first (1st) and so on (i.e., in Total, Squat plus Bench Press plus Deadlift, individually for each movement).

3.1.2 Rankings on Total must be accompanied by a total of the three (3) Powerlifting lifts (i.e., a "Good Lift" in each it movement)

3.1.3 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.

3.1.3.1 If both Athletes still have the same result, the Athlete with the lowest body weight determined at an additional Weigh-in Process after the competition will be ranked higher.

3.1.3.2 If both Athletes still have the same result, both Athlete will have the same ranking and will get the equal medals.

3.1.4 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 1.5.

3.1.4.1 Based on the level of Competition, medals may be awarded each for each lift and across the different Age Groups as determined in the Invitation Package.

3.1.4.2 Certificates will be awarded to all Athletes.

3.1.5 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.

3.1.6 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
10th	1

3.2.2 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 one (1) kg.

3.3.5 In the Event that two (2) or more Athletes achieve the same total record, the Athlete with the lowest bodyweight determined at the Weigh-in Process will be the record holder.

3.3.5.1 If both Athletes still have the same result, the Athlete with the lowest body weight determined at an additional Weigh-in Process after the competition will be the record holder.

3.3.5.2 In the Event If both Athletes have the same bodyweight, the Athlete breaking the total record first (1st) in Dead lift 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.

4.4.2 The final appointment of Technical Officials is determined by the Sport Committee.

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 Two (2) Technical Officials of the same gender of the Athletes will be appointed to complete the Weigh-in Process.

4.5.1.1 The Technical Officials must ensure the scales are calibrated and the Weigh-in Area is organized and clean.

4.5.1.2 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.

4.5.2 Two (2) or more Technical Officials will be appointed to complete the Kit Check Process to examine, approve or reject items.

4.5.2.1 The completed and signed Inspection Sheet should be provided to the Technical Delegate and then President of Jury for that Bodyweight Category.

4.5.3 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

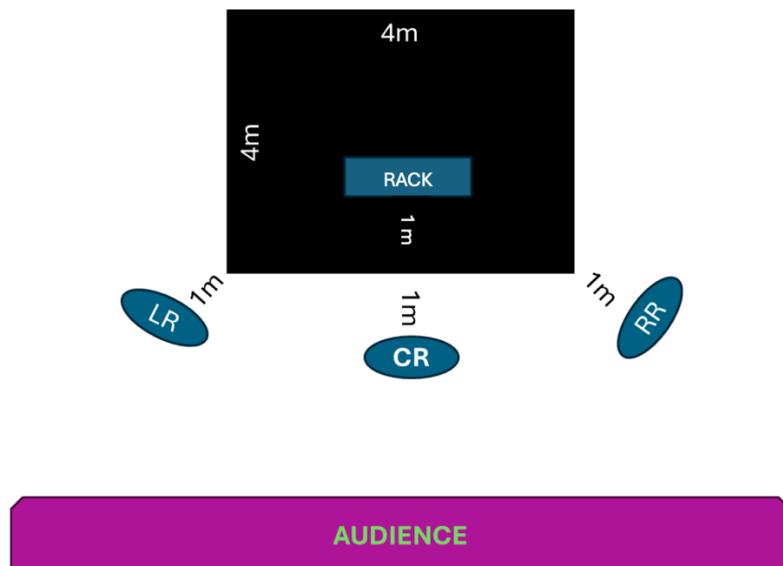
Athlete's lifts in the Session in line with the Technical Rules and Regulations.

4.6.2 Where possible, the Referees must be made up of Category one (1) Technical Officials.

4.6.2.1 The Referees on the FOP must be made up of Members from different nations.

4.6.3 The Referees must be positioned as per the diagrams to have an unimpeded view of the Athletes' lifts from the Centre (Chief Referee), left (Left Side Referee) and right (Right Side Referee).

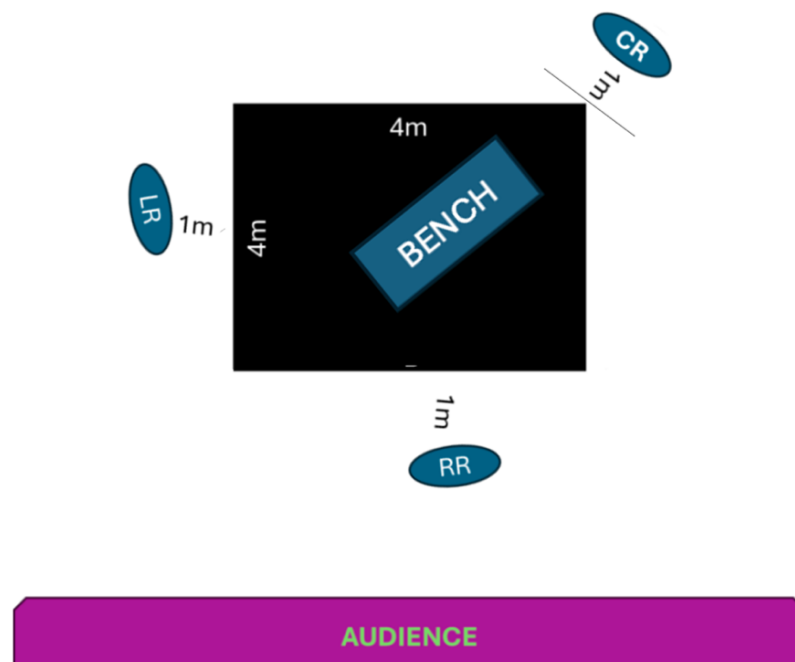
Squat



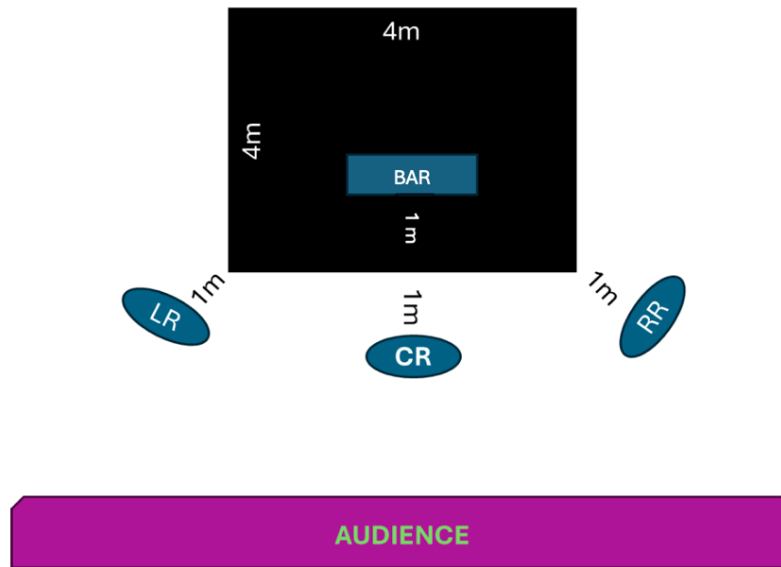
4.6.3.1 The three (3) Referees may seat themselves according to above scheme in what they in consider to be the best viewing positions around the platform for each of the three (3) lifts, and the Side Referees should always bear in mind the need to be visible to the Chief Referee so that they can observe their raised arms.

4.6.3.2 During the Bench Press, the Chief Referee must position himself on the head side of the Bench Press rack.

Bench press



Deadlift



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.

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	Finish
Squat	A visual signal consisting of a downward movement of the arm together with the audible command “Start”	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 command “Start”. 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 signal of an upward movement of the arm.	A visual signal consisting of a backward movement of the arm together with the audible command “Rack”
Deadlift	No signal required.	A visual signal consisting of a backward/downward movement of the arm together with the audible command “Down”.

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.

4.6.9 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.

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).
- The Jury may overrule the Referees' decision by the following methods:
 - When a Challenge is submitted by the Athlete and/or their Coach.
 - When the Referees' decision is "Good Lift" or "No Lift" is split (e.g., two [2] to one [1] and there is a serious mistake in the 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 for Coaches and Official Representatives of National Federations prior to the Competition.
- Plan and lead the Technical Meeting for ITOs prior to the Competition.
- Create and manage the Technical Official Duty Schedule.
- Create and manage the Competition Schedule.
- Create and manage the Training 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.
- Sign necessary Competition documents

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 conducting the Kit Check Process and ensuring 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 unloading the bar, adjusting the racks as required, supporting the Athlete with the racks 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 (3) 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 (Bench Press only) /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 in Bench Press but must leave the platform quickly.

4.9 Uniform

4.9.1 The following is the uniform of the Technical Officials:

Top	Black polo shirt with, where possible the IBSA Powerlifting and/or Recognized Competition logo on the breast
Bottom	Black pants
Shoes	Black/dark shoes
Spotter Loaders	<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 are appointed based on need.
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 Competition

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.

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

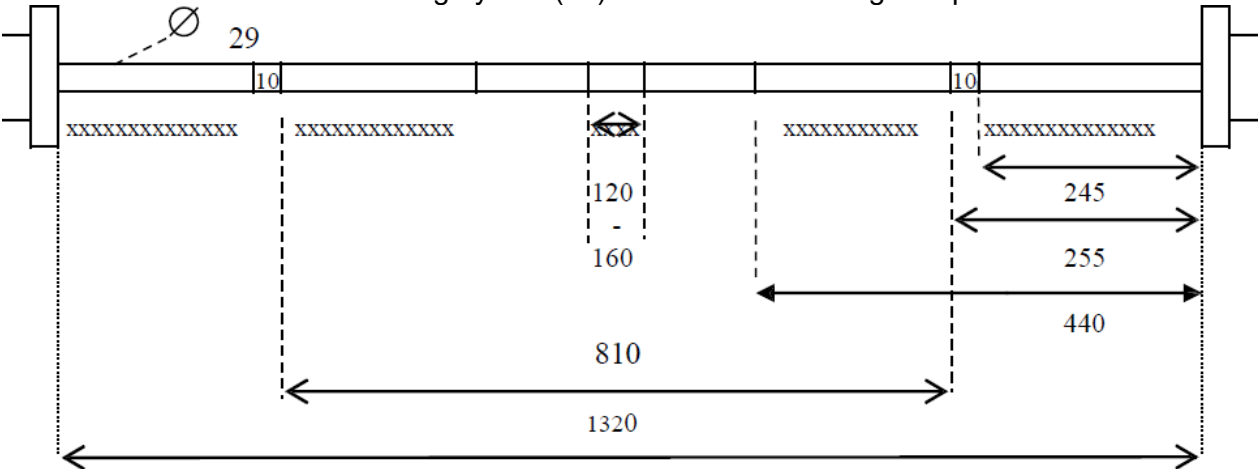
5.2.2 Scales: Scales used at all Recognized Competitions must be electronic and register to the second (2nd) decimal place up to one hundred eighty (180) kg. A certificate of calibration must be current within one (1) year of the date of the Competition.

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:
- 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:
- 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.

Disc	Colour
50	Black/rubber
25	Red
20	Blue
15	Yellow
10	Green
5	White
2.5	Red
2	Blue
1.5	Yellow
1	Green
0.5	White

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 of Bench Press. 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.

5.2.8.1 *In accordance with agreement of IBSA' Committee the Bench Press Competition is able to conduct with use of the bench (wide bench) which used in WPPO.

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 fifteen (15) cm in total height.
- Must not use more than two blocks under the foot.
- Must be made available for all Athletes in the range of three (3), five (5), eight (8) and ten (10) 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.).

5.2.3 **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 Appendices.

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.
- May be of one (1) or multiple colors.
- May have no logos or emblems, except the following are permitted:
 - Athlete's nation/country
 - Athlete's flag

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.

5.4.6 **Bra:** One (1) sport bra may be worn by the Athlete underneath the T-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.

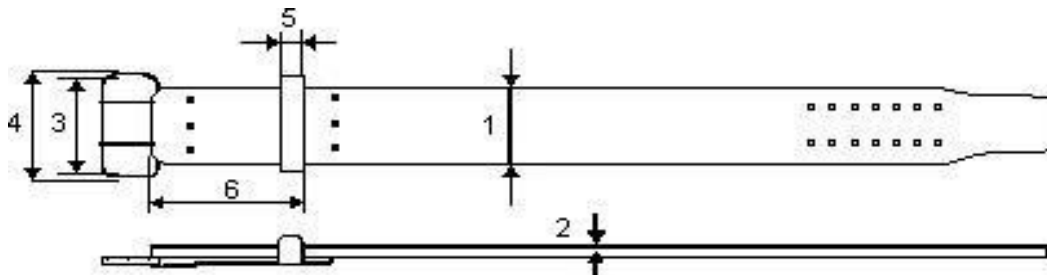
5.4.7 **Socks:** One (1) sock may be worn on each foot by the Athlete, complying with the following:

- 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.

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

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

5.4.8 **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
- 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 have the following:
 - Athlete's name
 - Manufacturer logo/identification

5.4.9 **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)

5.4.10 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.
- A loop may be attached as an aid to securing. The loop must not be over the thumb or fingers during the actual lift.
- May have the manufacturer logo/identification

5.4.11 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

5.4.12 Medical tape may be used by the Athlete, complying with the following:

- 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

5.4.13 Head Item for woman: 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.

5.4.14 Other Outfit for woman: One (1) additional unitard or pair (2) of sleeves may be worn by the Athlete underneath the lifting suit and/or under T-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 be worn on each arm
- Must lie completely flat when placed on a table
- Must be worn under other uniform items

5.4.15 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.
- No breast prosthesis is permitted. If weight is increased without justification or the breast size is evidently increased, an RX will be required to continue competing in the next competitions. The RX should be accompanied by a medical reading ensuring no breast prosthesis is present in the body's athlete.

5.4.16 Transgender policy:

In competition, the lifers will compete only in their biological/born sex without any appeal.

6 Appendix 2: Hosting, Venue and Technical Requirements

Technical

Requirement	Specifications
<p>Competition Area</p>	<ul style="list-style-type: none"> 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 • Appropriate lighting b) One (1)x platform equipped from an Approved Supplier with: <ul style="list-style-type: none"> • Bar • Collars • Discs: <ul style="list-style-type: none"> i. 2x50 kg (rubber discs) ii. 14x 25 kg iii. 2x 20 kg iv. 2x 15 kg v. 2x 10 kg vi. 2x 5 kg vii. 2x 2.5 kg viii. 2x 1.25 kg ix. 2x 1 kg x. 2x 0.5 kg xi. 2x 0.25 kg • Platform • Squat stand • Bench • Disc racks • Foot blocks in ranges of three (3) cm, five (5) cm, eight (8) cm and ten (10) cm • Chalk box • Supply of chalk • Referee flags (three (3)x white, three (3)x red) b) Platform banner at least five (5) m by three (3) m featuring the IBSA and competition logos c) Audio speaker with connection to the Announcer d) Wireless microphone for Announcer e) 1x display/project/television with connection to the scoring system (minimum fifty (50) inches) <i>Scoreboard</i> f) 1x display/project/television with connection to the scoring system (minimum fifty (50) inches) <i>Attempt Board</i> g) 1x monitor with connection to the scoring system (minimum thirteen (13) inches) h) Cleaning supplies <ul style="list-style-type: none"> • Broom • Mop • Bucket • Scrubbing brush • Vacuum cleaner • Towels • Cleaning solution (e.g., 10% Clorox) i) Supply of sealed water j) Tables and seats for Technical Officials and Spotter Loaders <ul style="list-style-type: none"> • Referees 3x • Spotter Loaders 5x • Jury and Technical Delegate 4x • Other Technical Officials 6x • Scoring system <ul style="list-style-type: none"> ○ 2x laptops with HDMI ports ○ Wi-Fi internet connection (private line with minimum up/download speed of 10 Mb/s)

	<ul style="list-style-type: none"> ○ 3x tablets/smartphones ○ Energy supply with minimum 4x input EU input ports (or converters) ○ HDMI splitter with minimum 4x output ports ○ HDMI cabling (Recommended based standard on venue but will vary) • 2x 1 m • 3x 50 m k) Printer/photocopier l) Supply of paper m) Stationery items • Pens in blue/black/red • White-out/pen correction tape <ul style="list-style-type: none"> ○ Highlight markers
Warm-up Area	<ul style="list-style-type: none"> a) Space of at least thirty (30) m by ten (10) m b) A minimum of four (4)x platforms (preferably five (5)x); each equipped with: <ul style="list-style-type: none"> c) Bar d) Collars e) Discs: <ul style="list-style-type: none"> i. 10x 25 kg ii. 2x 20 kg iii. 2x 15 kg iv. 2x 10 kg v. 2x 5 kg vi. 2x 2.5 kg vii. 2x 1.5 kg viii. 2x 1 kg ix. 2x 0.5 kg f) Platform g) Squat stand and bench h) Chalk box i) Supply of chalk j) Audio speaker with connection to the Announcer k) Two (2) televisions with connection to the scoring system and live video (minimum forty (40) inches) l) Supply of sealed water
Ancillary Areas	
Protocol Room	<ul style="list-style-type: none"> a) Podium with positions of one (1), two (2) and three (3) b) Table and chairs for trophies and medals c) Clothes rack and hangers for flags Trophies and medals as defined by level of Competition
Weigh-in Room	<ul style="list-style-type: none"> a) Space with closable door with ancillary waiting area at the same location as the Competition b) Certified (calibrated) digital scales to two (2) decimal places c) Table and chairs for Technical Officials
Kit Check Room	<ul style="list-style-type: none"> a) Adjacent to the Warm-Up- Area b) Table and chairs for Technical Officials <i>Not needed if the Kit Check taking place in Warm-up area during Warm-up before to Competition.</i>
Changing Rooms	Standard per the Venue.
Doctor Treatment Room	Consult with the specialist concerning the requirements.
Physiotherapy Treatment Room	Consult with the specialist concerning the requirements.
Doping Control Room	<ul style="list-style-type: none"> a) Lockable room b) Direct access to toilet c) Supply of sealed water

	<ul style="list-style-type: none"> d) Table and chair for Sampling Officers e) Chairs for waiting Athletes f) Large trash bin 																																								
Sports Committee and Championship Office	<ul style="list-style-type: none"> a) Printer/photocopier b) Laptop with connection to printer c) Supply of paper d) Stationery items e) Internet connection g) Table and chairs for the Sport Committee and Staff 																																								
Workforce																																									
Technical Officials	<p>The LOC is responsible for recruiting and appointing Officials 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"> a) Announcer (with mastery of spoken English) b) Time Keeper (Preferably a qualified Technical Official) c) Marshal (Preferably a qualified Technical Official) d) Manual Results Controller e) Technical Controllers <p>The IBSA Powerlifting Committee appoints the following Officials:</p> <ul style="list-style-type: none"> a) Technical Committee Representative (1) b) Technical Delegate (1) c) Scoring Manager (1) d) Technical Officials (Up to 5) e) Classifiers Panels (Up to 4) [Appointed by IBSA directly] <p>Based on the level of Competition, the following number of Technical Officials are required:</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <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>Committee</td> <td>4*</td> <td>4*</td> <td>0</td> <td>0</td> </tr> <tr> <td>Technical Delegate</td> <td>1</td> <td>1</td> <td>1</td> <td>1</td> </tr> <tr> <td>Scoring Manager</td> <td>1</td> <td>1</td> <td>1</td> <td>1</td> </tr> <tr> <td>ITOs</td> <td>3^</td> <td>3^</td> <td>3^</td> <td>0</td> </tr> <tr> <td>NTOs</td> <td>6</td> <td>6</td> <td>6</td> <td>9</td> </tr> <tr> <td>Spotter Loaders</td> <td>3+3</td> <td>3+3</td> <td>3+3</td> <td>3+3</td> </tr> <tr> <td>Total</td> <td>21</td> <td>21</td> <td>17</td> <td>17</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. Participating nations must send one (1) International Technical Official to the World Championships, Regional Championships, and World Cups.</p>		IBSA Games	World/Regional Championships	World Cups	Other	Committee	4*	4*	0	0	Technical Delegate	1	1	1	1	Scoring Manager	1	1	1	1	ITOs	3^	3^	3^	0	NTOs	6	6	6	9	Spotter Loaders	3+3	3+3	3+3	3+3	Total	21	21	17	17
	IBSA Games	World/Regional Championships	World Cups	Other																																					
Committee	4*	4*	0	0																																					
Technical Delegate	1	1	1	1																																					
Scoring Manager	1	1	1	1																																					
ITOs	3^	3^	3^	0																																					
NTOs	6	6	6	9																																					
Spotter Loaders	3+3	3+3	3+3	3+3																																					
Total	21	21	17	17																																					
Volunteers	<ul style="list-style-type: none"> a) Spotter Loaders: a minimum of two (2) interchangeable teams of at least three (3) members 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 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 d) Additional Officials, such as Doctors, Paramedics, Therapists, etc., may be appointed as necessary e) A volunteer with first aid training must be present during all training and Competitions. 																																								

Additional Hosting Requirements

Requirement	Specifications
Brand	<ul style="list-style-type: none"> The brand “IBSA” is mandatory in the Event’s name. The nomenclature that should be used is Year + IBSA + name of sport (e.g., Powerlifting) + type of Event (e.g., African Championships, World Championships). The IBSA logo must be displayed in all official announcements whenever the event's name is mentioned. The IBSA logo should be part of the event's official logo. The IBSA logo must be present in all graphic material produced on the Event's official website. It should be part of the look of the Games, including the uniforms of the LOC and Referees.
Accommodations	The LOC must provide suitable/accessible for all kind disability accommodation options to participating Member Federations.
Meals	The LOC must provide suitable meal options to participating Member Federations.
Transportation	The LOC must provide suitable/accessible for all kind disability transportation options to and from the airport, accommodations, and Event Venue for participating Member Federations.
Technical Officials and Classifiers	<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 entire board) for the following roles:</p> <ul style="list-style-type: none"> IBSA Technical Committee Representative (1) IBSA Technical Delegate (1) IBSA Scoring Manager (1) IBSA International Technical Officials (Up to 5) IBSA Classifiers Panels (Up to 4) <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. Based on the entries, IBSA will determine the number of Classifiers required.</p>
Classification	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.
Anti-Doping	The LOC must ensure that the event complies with the IBSA Anti-Doping Rules. The number and the IBSA Medical Committee determines types of tests; generally, it is ten percent (10%) of registered Athletes by urine.
Capitation Fee	The LOC must pay a Capitation Fee per Athlete/Coach/ Official representative of National Federation to IBSA no later than six (6) weeks after the Event in accordance with the Invitation Package.
Medals, Trophies and Certificates	<p>The LOC must organize medals, trophies, and certificates for the Competition based on the entries. 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"> Age Groups Bodyweight Category Lift Movement <ul style="list-style-type: none"> Total Bench Press - Single Lift Squat (TBD by IBSA/LOC) Bench Press - Powerlifting (TBD by IBSA/LOC) Deadlift (TBD by IBSA/LOC) <p>Trophies will be presented for:</p> <ul style="list-style-type: none"> Teams (Total, Open; Men and Women): first (1st), second (2nd) and third (3rd) <p>Certificates must be presented to all accredited participants (Athletes, Coaches, Administrators, Technical Officials, etc.).</p>
Media and Social Media	It is recommended that the LOC have a dedicated staff or volunteer focused on writing and posting on social media and cooperating with external media (e.g., mass media and social networks/media).

Live Stream	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 can provide graphics overlaid in a simple manner.
Audio, Music, and Protocol	<p>An audio system must be provided to play the national anthems and other music.</p> <p>Each Federation is responsible for sending its national flag and national anthem to LOC by email or providing them (USB) to the LOC during the Technical Meeting.</p> <p>The music accompanying the Athletes is under the direction of the Jury and should be stitched off during the Athletes' lifts. The music should be the "clean" version without curse words and/or negative messages.</p>

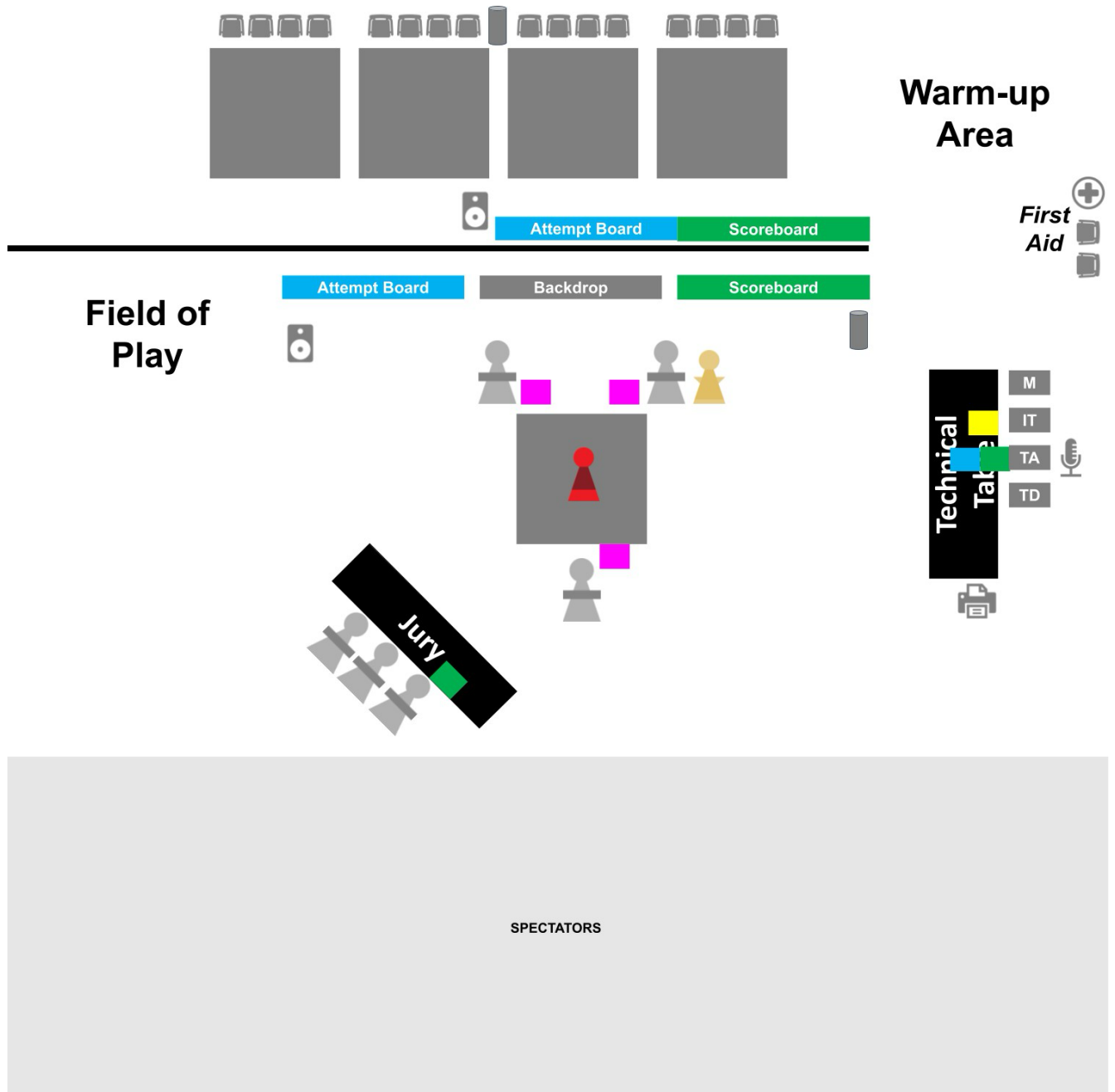
Typical Schedule

Below is a typical IBSA Powerlifting Championships schedule. The schedule is subject to change after entry deadlines and the Technical Meeting according. Minimum three (3) days of Competitions and it can be increased depending on Countries' participating entry numbers

Date	Activity(ies)
Day 1	<ul style="list-style-type: none"> • Arrival of Delegations
Day 2	<ul style="list-style-type: none"> • Classification • Training • Technical Official Training Course
Day 3	<ul style="list-style-type: none"> • Classification • Training • Technical Meeting • Technical Official Meeting • Weigh-in for Athletes who compete in the 1st day of the Competition
Day 4	<ul style="list-style-type: none"> • Competition - Women (All) • Opening Ceremony
Day 5	<ul style="list-style-type: none"> • Competition - Men (Lightweight)
Day 6	<ul style="list-style-type: none"> • Competition (Heavyweight) • Closing Banquet
After Competition	<ul style="list-style-type: none"> • Departure of Delegations

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 of a high standard as it is a crucial ceremony highlighted by the Athletes, Officials, Spectators, and media. Many pictures and videos are distributed, reflecting the standard and quality of IBSA Powerlifting.

The national flags for the medalists may be hoisted together with the national anthem played for the winner, 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 representative should be one (1) of the persons presenting the medals.

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 tracksuits for the Victory Ceremony.
3. The representative from the LOC marches in the Athletes.

Medal Ceremony:

1. Medals (gold, silver, and bronze) for each discipline will be handed out first (1st) in the order of Bench, then Total.
2. Medals should be presented on pillows or trays by one (1) or preferably three (3) nicely dressed women or volunteers.
3. 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.
4. The Announcer calls first the bronze winner to enter the podium, and they receive their medal, then the Silver medalist, and finally the gold winner.
5. The winner's national anthem (Total) is played in a shortened version. The representatives presenting the medals stand beside the Athletes.
6. After the anthem is completed and pictures are taken, the Athletes are marched out by the LOC representative accompanied by music.
7. The Medal Ceremony for Squat, Deadlift, Age Groups (Sub-Juniors, Juniors, Masters) to be implemented I Mix Zone which should be organized by LOC.

Opening Ceremony Protocol

The Opening Ceremony may include an entertaining and cultural program or be simpler, but it must always be formal and reflect the high level of the IBSA Powerlifting Championships. The Opening Ceremony is only required at the **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., volunteers) or give the name tags to each nation upon lining up for the 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 of representatives into the Competition Venue. The one (1) Official and one (1) athlete from each nation shall be accompanied with volunteer carrying the name tags should walking through the stage of the Competition Venue and marched in/ out, headed by the LOC representative, and accompanied by music.
5. The welcoming speeches should be given by a representative from the LOC and preferably a representative of the local government.
6. The IBSA Powerlifting Chairperson or another IBSA representative makes the final speech and declares the Championships "opened".

Closing Ceremony Protocol

A banquet is preferably for the Closing Ceremony of the Championships. Here, results, awards, distinctions, thanking words, etc., are expressed. Of course, the highlight is good food, drinks, and preferably music to end the proceedings. The Closing Ceremony is only required at the **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 teams

Agenda for the Closing Ceremony:

1. The LOC welcomes all and passes the narrative to the IBSA representatives.
2. The IBSA representative welcomes everyone and speaks about the Competition, honoring people who deserve it and thanking the LOC. A memory gift from IBSA is handed over to the meeting director.
3. The IBSA representatives hand over the envelopes to representatives from each nation, starting with the nation with the lowest score in the Team Competition. The top nations receive the Best Team trophies.
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

- a. Bar: twenty (20) kg
- b. Collars: two (2) two and a half (2.5) 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

Based on the venue layout and technology available, the Announcer may have different microphones and feeds to manage appropriately (e.g., speakers in the Warm-up and Call Areas only; radios to the Chief Referee, Chief Spotter Loader, Technical Controllers and Technical Delegate, etc.).

8.1 Countdown to Competition

Channel	Time/ Occurrence	Announcement/Recommendation
FOP	-30:00	THE COMPETITION [MEN'S/WOMEN'S BODYWEIGHT CATEGORY] WILL BEGIN IN 30 MINUTES.
WU/CA	-10:00	ATTENTION COACHES, 5 MINUTES REMAINING FOR CHANGES TO THE 1ST ATTEMPT.
WU/CA	-6:00	ATTENTION COACHES, 1 MINUTES REMAINING FOR CHANGES TO THE 1ST ATTEMPT.
WU/CA	-5:00	ATTENTION COACHES, NO MORE CHANGES ALLOWED TO THE 1ST ATTEMPT
FOP	-5:00 Athlete Introduction	Announce all the athletes competing in the category by group in order of 1st attempt, as listed on the printed Start List. Groups are presented in ascending order (e.g., C, B then A). Athletes will not proceed to the stage. The process is repeated if there are multiple and/or combined groups/bodyweight categories. THE ATHLETES COMPETING IN THE [MEN'S/WOMEN'S BODYWEIGHT CATEGORY] KG CATEGORY, GROUP [GROUP LETTER]: For each athlete: REPRESENTING [COUNTRY], [NAME, FAMILY NAME]
FOP	-3:00 or immediately after the Athlete Introduction	Announce each Referee (CR, LR, RR), Technical Controller, Jury members and the Technical Delegate 1 by 1, while they are in their competition seating positions or they are shown by Sport Presentation with graphics. THE TECHNICAL OFFICIALS FOR THIS SESSION ARE: THE CHIEF REFEREE FROM [COUNTRY], [NAME, FAMILY NAME]. THE LEFT SIDE REFEREE FROM [COUNTRY], [NAME, FAMILY NAME]. THE RIGHT SIDE REFEREE FROM [COUNTRY], [NAME, FAMILY NAME]. THE TECHNICAL CONTROLLER FROM [COUNTRY], [NAME, FAMILY NAME]. Referees will proceed to the stage THE MEMBERS OF THE JURY: FROM [COUNTRY], [NAME, FAMILY NAME]. FROM [COUNTRY], [NAME, FAMILY NAME] FROM [COUNTRY], [NAME, FAMILY NAME]. AND THE TECHNICAL DELEGATE FROM [COUNTRY], [NAME, FAMILY NAME]
WU/CA	-3:00	REFEREES AND SPOTTER LOADERS, PLEASE PREPARE TO TAKE YOUR POSITIONS ON THE FIELD OF PLAY
WU/CA	-2:00	REFEREES AND SPOTTER LOADERS, PLEASE TAKE YOUR POSITIONS ON THE FIELD OF PLAY
FOP	Once seated	Spotter Loaders take their positions on the Field of Play. SPOTTER LOADERS, PLEASE PRE-LOAD THE BAR TO

		[WEIGHT FOR THE FIRST ATHLETE] KG, RACK HEIGHT [NUMBER].
FOP	-0:10	Final seconds countdown 10, 9, 8, 7, 6, 5, 4, 3, 2, 1
FOP	-0:00	WELCOME TO (NAME OF COMPETITION)

8.2 During Competition

Channel	Time/ Occurrence	Announcement/Recommendation
FOP	Load Bar	LOADERS, LOAD THE BAR TO [WEIGHT] KG, RACK HEIGHT [NUMBER]. The Chief Referee will verbally inform the Announcer when the bar is loaded. <i>Wait until the athlete is leaving the FOP(in Squat/BP/Dealift) to announce to load the bar for the next athlete.</i>
FOP	Athlete Announcement	FOR THE [1ST/2ND/3RD] ATTEMPT REPRESENTING [COUNTRY], [NAME, FAMILY NAME] <i>To add additional details (e.g. For his 1st attempt, 3-time IBSA World Champion from Egypt, lifting 3 times his bodyweight, the unstoppable, the unbeatable Makhmud!).</i> Should the attempt be a potential new record (in Round 1-3) then after the athlete has been called to the stage, the Announcer should announce: IF THIS ATTEMPT IS SUCCESSFUL THEN IT WILL BE A NEW [RECORD TYPE] RECORD.
FOP	Lift Result	Only once the result of the lift is shown either on the attempt board or by the raising of Referee flags, the Announcer should announce: 2 or more white lights/flags: GOOOOOD LIFT! <i>With a tone that represents excitement and an increased volume.</i> If the attempt is a potential new record and the lift is successful: GOO00OD LIFT! AND A NEW [RECORD TYPE] RECORD. 2 or more red lights/flags: NO LIFT <i>With a neutral tone.</i> <i>From time to time, the Announcer should encourage the spectators to cheer the athlete.</i> Once the outcome of the lift has been announced, the process is continually repeated, and the bar is requested to be loaded for the next athlete
FOP	End of Round of the last Group in the Session	<i>Following the final lift in each round, summarise the round (e.g. that concludes round 1 of lifting Chile's Juan Garrido remains in Gold position with a successful lift of 162kg).</i> When there is a group of less than 5 athletes, 3 minutes additional recovery time will be calculated and added at the end of Round 1 and 2: 3 MINUTES HAS BEEN ADDED BETWEEN ROUNDS TO ALLOW ADDITIONAL RECOVERY TIME FOR THE ATHLETES.
FOP	End of 3 rd Round of one Group in the Session	<i>Following the final lift in each round, summarise the round (e.g. that concludes round 1 of lifting Chile's Juan Garrido remains in Gold position with a successful lift of 162kg).</i> When there is a one (1) group in the session. The TA announce about a break of twenty (20) mins for warm-up and platform organization between the lifts: ATTENTION COACHES, THE 3RD ROUND IN (SQUAT/BP) IS

		OVER, THE BREAK OF TWENTY (20) MINUTES FOR WARM-UP AND PLATFORM ORGANISATION BEFORE NEXT MOVEMENT (BP/DL).
FOP	-10:00 End of the first Group in the 3 rd Round in case of two Groups in Session	<i>Following the final lift in each round, summarise the round (e.g. that concludes round 1 of lifting Chile's Juan Garrido remains in Gold position with a successful lift of 162kg).</i> In exceptional circumstances, when there is a session of two and more groups in the Session. Rounds of the Squat/BP/DL 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). For subsequent Groups, Announcer should announced until 10 min before the Round 1 for the next Group: ATTENTION COACHES, 5 MINUTES REMAINING FOR CHANGES TO THE 1ST ATTEMPT.
FOP	-6:00 End of the first Group in the 3 rd Round in case of two Groups in Session	In exceptional circumstances, when there is a session of two and more groups in the Session as mention above. For subsequent Groups, Announcer should announced before the Round 1 for the next Group: ATTENTION COACHES, 1 MINUTES REMAINING FOR CHANGES TO THE 1ST ATTEMPT.
FOP	-5:00 End of the first Group in the 3 rd Round in case of two Groups in Session	In exceptional circumstances, when there is a session of two and more groups in the Session as mention above. For subsequent Groups, Announcer should announced before the Round 1 for the next Group: ATTENTION COACHES, NO MORE CHANGES ALLOWED TO THE 1ST ATTEMPT
FOP	Load Bar for Next Group	LOADERS, LOAD THE BAR TO [WEIGHT] KG, RACK HEIGHT [NUMBER]. The Chief Referee will verbally inform the Announcer when the bar is loaded. <i>Wait until the last athlete of the first Group is leaving the FOP(in Squat/BP/Dealift) to announce to load the bar for the 1st athlete of the Next Group.</i>
FOP	Athlete Announcem ent for Next Group	FOR THE [1ST/2ND/3RD] ATTEMPT REPRESENTING [COUNTRY], [NAME, FAMILY NAME] <i>To add additional details (e.g. For his 1st attempt, 3-time IBSA World Champion from Egypt, lifting 3 times his bodyweight, the unstoppable, the unbeatable Makhmud!).</i> Should the attempt be a potential new record (in Round 1-3) then after the athlete has been called to the stage, the Announcer should announce: IF THIS ATTEMPT IS SUCCESSFUL THEN IT WILL BE A NEW [RECORD TYPE] RECORD.
FOP	Lift Result of the Next Group	Only once the result of the lift is shown either on the attempt board or by the raising of Referee flags, the Announcer should announce: 2 or more white lights/flags: GOOOOOD LIFT! <i>With a tone that represents excitement and an increased volume.</i> If the attempt is a potential new record and the lift is successful: GOO00D LIFT! AND A NEW [RECORD TYPE] RECORD.

		<p>2 or more red lights/flags: NO LIFT <i>With a neutral tone.</i> <i>From time to time, the Announcer should encourage the spectators to cheer the athlete.</i></p> <p>Once the outcome of the lift has been announced, the process is continually repeated, and the bar is requested to be loaded for the next athlete</p>
	End of Round of the last Group in the Session	<p><i>Following the final lift in each round, summarise the round (e.g. that concludes round 1 of lifting Chile's Juan Garrido remains in Gold position with a successful lift of 162kg).</i></p> <p>When the last Group in the session is finished the last attempt. The TA announce about a break of ten (10) mins for warm-up and platform organization between the lifts: ATTENTION COACHES, THE 3RD ROUND IN (SQUAT/BP) IS OVER, THE BREAK OF TEN (10) MINUTES FOR WARM-UP AND PLATFORM ORGANISATION BEFORE NEXT MOVEMENT (BP/DL).</p>
FOP	End of Round of the last Group in the Session	<p><i>Following the final lift in each round, summarise the round (e.g. that concludes round 1 of lifting Chile's Juan Garrido remains in Gold position with a successful lift of 162kg).</i></p> <p>When there is a group of less than 5 athletes, 3 minutes additional recovery time will be calculated and added at the end of Round 1 and 2: 3 MINUTES HAS BEEN ADDED BETWEEN ROUNDS TO ALLOW ADDITIONAL RECOVERY TIME FOR THE ATHLETES.</p>
FOP	Record request on 4 th attempt	<p>When an athlete requests a Record on the 4th attempt and it is approved by the Marshall then Announcer should announce: LOADERS, LOAD THE BAR TO [WEIGHT] KG, RACK HEIGHT [NUMBER]. FOR THE RECORD LIFT, REPRESENTING [COUNTRY], [NAME, FAMILY NAME]. <i>To add additional details (e.g. For the Power Lift, lifting 3 times his bodyweight, the unstoppable, the unbeatable Sheriff Osmannrinnon!)</i> IF THIS ATTEMPT IS SUCCESSFUL THEN IT WILL BE A NEW [RECORD TYPE] RECORD. If the lift decision has 2 or more white/green lights/flags, the Announcer should announce: GOOOOOD LIFT! AND A NEW [RECORD TYPE] RECORD.</p> <p><i>Key moment to maintain the high excitement of the crowd, leg. Goooood Lift and new Workf Record from the unstoppable Justyna Kostryk, put your hands together for Justyna, a huge t 125kg and a new world record</i></p> <p>If the lift decision has two or more red lights/flags, the Announcer should announce NO LIFT.</p>
FOP	Close of competition	<p>If it is a potential of Power Lift or Lift Challenge then the Announcer should wait 1:00 minute after final lift decision to close the competition. If it is not an option to Power Lift or Lift Challenge then the Announcer should close the competition after final lift decision announced THIS NOW CONCLUDES THE COMPETITION IN THE [MEN'S/WOMEN'S BODYWEIGHT CATEGORY] CATEGORY. To provide so closing details (eg. What an excellent competition</p>

		<p>that was with bronze going to Canada's Jane Spark, silver to Colombia's Natalia Caldron and Gold to Uzbekistan's Samira Nurzultan with a winning Alt of 99kg, congratulations to all our athletes</p> <p>THANK YOU VERY MUCH FOR YOUR ATTENTION AND PLEASE REMAIN SEATED FOR THE VICTORY CEREMONY WHICH WILL FOLLOW SHORTLY.</p>
--	--	--

8.3 Other During Competition Announcements

Channel	Time/ Occurrence	Announcement/Recommendation
FOP	Time Elapsed	<p>Should the countdown clock reach 0:00 and the Chief Referee has not provided the start command:</p> <p>TIME ELAPSED, NO LIFT</p>
FOP	Unplanned interruption	<p>Should there be an unplanned interruption to the competition due to things like technical errors, equipment malfunctions or failure, announce:</p> <p>WE ARE HAVING A BRIEF TECHNICAL STOP, THANK YOU FOR YOUR PATIENCE THE COMPETITION WILL RESUME SHORTLY.</p>
FOP	Lift Challenge	<p>When an athlete receives a no lift, they can request a lift challenge, if a lift challenge is lodged, announce (As appropriate (Before the start the next attempt or after) and never during the current lift):</p> <p>A LIFT CHALLENGE HAS BEEN SUBMITTED FOR THE ATTEMPT [NUMBER] ATTEMPT FROM [COUNTRY], [NAME, FAMILY NAME],</p> <p>If the lift challenge is approved (The result is overturned to Good Lift), announce:</p> <p>THE LIFT CHALLENGE HAS BEEN APPROVED AND THE LIFT OF [WEIGHT] KG IS A GOOD LIFT</p> <p>If the lift challenge is rejected (The result remains as No Lift, announce:</p> <p>THE LIFT CHALLENGE HAS BEEN REJECTED AND THE LIFT REMAINS AS A NO LIFT.</p>

8.4 Victory Ceremony

Time / Activity	Announcement
Start and Medallists' Entrance	<p>When Victory Ceremony song starts playing with cue received from TC and given to DJ:</p> <p>THE VICTORY CEREMONY FOR THE [TYPE/LEVEL] [AGE GROUP] [MEN'S/WOMEN'S BODYWEIGHT CATEGORY] KG CATEGORY.</p> <p>Pause, then when athletes are in the middle of the entrance:</p> <p>PLEASE WELCOME THE MEDALLISTS.</p>
Presenter Entrance	<p>When the athletes are behind the podium and the presenters are in their position:</p>

Time / Activity	Announcement
	<p>THE MEDALS WILL BE PRESENTED BY [ORGANISATION AND FULL TITLE], [NAME, FAMILY NAME], ACCOMPANIED BY [ORGANISATION AND FULL TITLE] [NAME, FAMILY NAME].</p>
<p>Medal Presentation</p>	<p>FIRST THE MEDALISTS IN THE [MOVEMENT]:</p> <p>BRONZE MEDALLIST, REPRESENTING [COUNTRY], [NAME, FAMILY NAME]. Athlete enters podium and receives the medal and gift.</p> <p>Immediately after presenters return to starting position: SILVER MEDALLIST, REPRESENTING [COUNTRY], [NAME, FAMILY NAME]. Athlete enters podium and receives the medal and gift.</p> <p>Immediately after presenters return to starting position: GOLD MEDALLIST*, REPRESENTING [COUNTRY], [NAME, FAMILY NAME]. *If applicable: THE [LEVEL] CHAMPION AND [TYPE - WORLD/REGIONAL] [AGE GROUP] RECORD HOLDER. Athlete enters podium and receives the medal and gift.</p> <p>CONGRATULATION TO THE MEDALISTS IN THE [MOVEMENT]. THANK YOU!</p> <p>Repeat as necessary (i.e., Squat, Bench Press, Bench Press - Single Lift, Dead Lift, Total).</p>
<p>National Anthem</p>	<p>PLEASE RISE IF YOU ARE ABLE, FOR THE NATIONAL ANTHEM OF [GOLD MEDALLIST COUNTRY]. Playing of the national anthem and rising of the national flags.</p> <p>THE [TYPE/LEVEL] [AGE GROUP] [MEN'S/WOMEN'S BODYWEIGHT CATEGORY] CATEGORY [COMPETITION TYPE] MEDALLISTS.</p>
<p>End of Ceremony</p>	<p>Only when it is the final Victory Ceremony on the schedule, announce: WE NOW CONCLUDE TODAY'S SESSION OF THE [COMPETITION NAME].</p> <p>WE INVITE YOU TO JOIN US AGAIN AT [TIME, TODAY/TOMORROW] FOR THE [MEN'S/WOMEN'S BODYWEIGHT CATEGORY] CATEGORY.</p>

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 Technical Official	Competition		Squat		Bench Press		Dead Lift		Victory Ceremonies	
				S	F			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	18:25	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	13:19	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 o c a l	Sess ion	Fli gh t	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	L o c a l	Sess ion	Fli gh t	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	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 OIha	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	14/11/1994	Female	60									
BAHNIUK Uliana	UKR	72	1	A	12/06/1992	Female	60									
SVYRYBCHUK OIha	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

Name: GONEN Sema

Lot #: 10

Platform: 1 Session: 2 Flight: A

Age: 36 Birth Date: 1986/10/21 Body Weight: _____

Division: Women's Open Weight Class: 75

Division: Women's Bench Open Weight Class: 75

Squat Rack Height: _____

Squat Rack In / Out: _____

Bench Rack Height: _____

Bench Safety Height: _____

Foot Blocks: _____

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

