

# POWERLIFTING

**POWERLIFTING** made its Paralympic debut at the 1984 Games. Prior to its addition, the sport of weightlifting was included in the program however it was only offered to male athletes with a spinal cord injury. The sport has since grown to include numerous disability groups.

## BASIC RULES

Athletes will draw lots to determine order of weigh-in and lifts. After the athletes are categorized within the 10 different weight classes (male and female), they each lift three times (competing in their respective weight class).

Athletes must be able to grip the bar with their thumb and fingers and be able to extend both their arms at the same time.

Competitors must lower the bar to the chest, hold it motionless on the chest and then press it upwards to arm's length with locked elbows.

Any lifter is allowed to be strapped to the bench with the official strapping belt or with his personal strapping belt.

## SCORING

The heaviest "good lift" (within the weight class) is the lift used for final placing in the competition.

## EQUIPMENT

Platform, bar, discs, collars, bench press, wedge (for lifters with cerebral palsy), and lights.

## GETTING STARTED

We encourage you to start by connecting with a local adaptive sports organization that offers powerlifting or getting involved with a local Para powerlifting club. To find a list of clubs in your area, please visit <https://www.logan.edu/usapp/> or contact **USA Para Powerlifting**.

## TRAINING

Start lifting weights and make sure to lift with your legs up. Athletes will want to get familiar with the IPC rules and regulations. When ready, plan to attend a local, regional or national meet.

Attend a training camp at Logan University - the training camp will give you the building blocks and foundation to begin your Paralympic career.

For more information on USA Para Powerlifting, please visit <https://www.logan.edu/usapp/>.

## PARALYMPIC ELIGIBLE IMPAIRMENTS

- Ataxia, Athetosis and Hypertonia
- Impaired Muscle Power
- Impaired Passive Range of Movement
- Limb Deficiency
- Leg Length Difference
- Short Stature

## PARALYMPIC WEIGHT CATEGORIES FOR WOMEN

- 41.00 kg
- 45.00 kg
- 50.00 kg
- 55.00 kg
- 61.00 kg
- 67.00 kg
- 73.00 kg
- 79.00 kg
- 86.00 kg
- + 86.00 kg

## PARALYMPIC WEIGHT CATEGORIES FOR MEN

- 49.00 kg
- 54.00 kg
- 59.00 kg
- 65.00 kg
- 72.00 kg
- 80.00 kg
- 88.00 kg
- 97.00 kg
- 107.00 kg
- + 107.00 kg