

9.7 UNIFORMS. Players wear a t-shirt, either shorts or tracksuit pants, and athletic shoes. Player numbers may be required at the discretion of the competition host.

9.8 OFFICIALS. Requirements include one umpire per court. Assignment of a scorekeeper to each court is optional. Officials who have experience conducting kurling events should be used whenever possible. Officials shall wear either a uniform provided by the competition host or the customary uniform of the official's home country.

PART 10: POWERLIFTING TECHNICAL RULES

10.1 ELIGIBILITY

10.1.1 Age Divisions. Powerlifting may be offered in the Open (any age) and Masters (35 years and older) Divisions. Athletes who compete in the Open Division may not compete in the Masters Divisions. *Note:* IDAF observes the International Paralympic Committee (IPC) technical rules for powerlifting which specify that athletes must be at least 16 years of age.

10.1.2 Sex divisions. Separate events shall be contested for males and females.

10.1.3 Classifications. There are no IDAF classifications for powerlifting other than weight categories described in 10.2 below.

10.2 EVENTS. The only event is the individual bench press (no team competition). The following weight categories will be used.

Body Weight Categories - Males	Body Weight Categories - Females
Up to 40.00 kg up to 40.00 kg	Up to 36.00 kg.....up to 36.00 kg
Up to 44.00 kg from 40.01 kg to 44.00 kg	Up to 40.00 kg.....from 36.01 kg to 40.00 kg
Up to 48.00 kg from 44.01 kg to 48.00 kg	Up to 44.00 kg.....from 40.01 kg to 44.00 kg
Up to 52.00 kg from 48.01 kg to 52 kg	Up to 48.00 kg.....from 44.01 kg to 48.00 kg
Up to 56.00 kg from 52.01 kg to 56 kg	Up to 52.00 kg.....from 48.01 kg to 52 kg
Up to 60.00 kg from 56.01 kg to 60 kg	Up to 56.00 kg.....from 52.01 kg to 56 kg
Up to 67.50 kg from 60.01 kg to 67.50 kg	Up to 60.00 kg.....from 56.01 kg to 60 kg
Up to 75.00 kg from 67.51 kg to 75.00 kg	Up to 67.50 kg.....from 60.01 kg to 67.50 kg
Up to 82.50 kg from 75.01 kg to 82.50 kg	Up to 75.00 kg.....from 67.51 kg to 75.00 kg
Up to 90.00 kg from 82.51 kg to 90.00 kg	Up to 82.50 kg.....from 75.01 kg to 82.50 kg
Up to 100.00 kg .. from 90.01 kg to 100.00 kg	Over 82.5 kg.....from 82.51 kg and over
Over 100.00 kg ... from 100.01 kg and over	

10.3 RULES

10.3.1 International Paralympic Committee (IPC) Powerlifting rules. Section 13 and all subparts of the IPC powerlifting rules apply to IDAF powerlifting competitions with the following exception. The IPC powerlifting rules are located at <http://www.ipc-powerlifting.org>.

10.3.1.1 Range of elbow extension. Lifters who cannot fully extend the arms because of an anatomical deformation of their elbows/arms, must report this

fact at check-in. IDAF reserves the right for a powerlifting official or classifier to conduct a test of the athlete's range of elbow motion. An athlete's range of motion limitations must be reported to all officials who are responsible for judging the competition.

10.3.2 Results. The result of a lifter will be calculated on the best competition lift performed.

10.3.3 Records. IDAF powerlifting records may be established in accordance with IPC rule 8.1.

10.4 COMPETITION PROCEDURES

10.4.1 Entries. There are no limitations on the number of athletes from a single country who may be entered in a body weight category.

10.4.2 Warm-up and training areas. A warm-up area shall be available in close proximity to the competition platform/stage, starting at the time of check-in and continuing throughout the competition. The warm-up area shall be equipped with at least two benches and related equipment. It is recommended that a training area be available on the days prior to the competition, beginning on the day of opening ceremonies.

10.4.3 Pre-competition processes

10.4.3.1 Schedule. The competition host shall determine the schedule for athlete check-in, kit check, weigh-in, and athletes presentation.

10.4.3.2 Check-in. Athletes must report their readiness to compete. Lifters who cannot fully extend the arms because of an anatomical deformation must report this fact at check-in (see 10.3.1.1 above).

10.4.3.3 Kit check. Athletes must present their competition kits for inspection before the start of weigh-in. The kit includes the lifting suit, t-shirt, shorts, and shoes), head-dress for females, bench straps, belt, bandages, wrist straps, and plasters. IPC rule 4.5 shall serve as a guideline, but not a requirement.

10.4.3.4 Weigh-in. IPC rule 4.6 shall apply to the weigh-in. Presentation of the IPC Powerlifting ID card and IPC Powerlifting athlete's record book will be required only when the competition is IPC sanctioned or approved.

10.4.3.5 Athletes presentation. IPC rule 4.7 shall serve as a guideline, but not a requirement, for the athletes presentation.

10.4.4 Order of events. Competition will begin with the lowest body weight category and proceed to the highest category. Within a body weight category, men will lift first and then women.

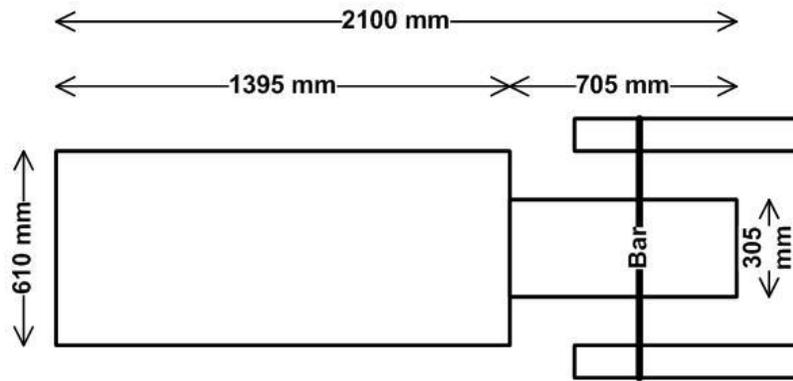
10.5 FACILITIES AND EQUIPMENT. IPC rule 12.6 and all subparts apply to IDAF powerlifting competitions with the following exceptions.

10.5.1 Field of play. The field of play may be a 4m x 4m powerlifting platform or a clearly visible and marked-out 4m x 4m area on the floor. Use of a stage is optional.

10.5.1.1 Platform requirements. Where used, the platform should measure 4m x 4m. The surface must be flat, firm, non-slip, and level. The platform must never exceed 50mm in height, and must have a rounded or beveled/ramped edge.

10.5.1.2 Stage. Where used, a stage should never be higher than 700mm, minimum of 10m deep x 10m wide and a maximum of 12m deep x 12m wide. Non-slip ramps shall be provided for entry/exit from the platform.

10.5.2 Bench. An IPC powerlifting bench (*para-bench*) is preferred. The height of the weight rack shall be set at a distance that dwarf athletes can reach from a supine position on the bench.



Dimensions of the IPC Powerlifting Bench

10.5.3 Weight discs. Color-coded weight discs in metric weight units are preferred. If discs in English weight units are used, the weight lifted in pounds shall be converted to weight in kilograms using this formula: pounds \div 2.2 = kilograms, with the result accurate to two decimal places.

10.5.4 Electronic officiating equipment. An electronic scoreboard, an electronic light system, and an electronic timing system are preferred officiating equipment, but these devices are not required.

10.6 UNIFORMS

10.6.1 Personal costume. The appropriate uniform is either (a) a one-piece lifting suit worn with a t-shirt underneath or (b) a t-shirt and shorts. Athletes must wear shoes. Jewelry is prohibited. IPC rules regarding personal costume do not apply.

10.6.2 Kit. IPC rules 12.10.6 (leg/bench straps), 12.10.7 (belt), 12.10.8 (bandages and wristbands), and 12.10.10 (plasters) apply to IDAF powerlifting competitions.

10.7 OFFICIALS. The minimum number of officials at an IDAF powerlifting competition shall be three referees, one timekeeper, one competition secretary, three spotters/loaders, and one announcer. IPC rule 2 and all subparts shall serve as guidelines, but not requirements, regarding officials and their responsibilities. Officials shall wear either a uniform provided by the competition host or the customary uniform of the official's home country