

EXAMPLE OF BARBELL and DISCS

BAR	Paragraph 14.2.1.
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Total overall length not to exceed	2.200 mm
Distance between the collar faces not exceed	1.320 mm – 1.310 mm
Diameter of the bar is not to exceed	29 mm – 28 mm
Weight of the bar and collars is to be	25 kg
Diameter of the sleeves not to exceed	52 mm – 50 mm
Diameter machined marking	810 mm

DISCS	Paragraph 14.2.2.
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25 kg	Red
20 kg	Blue
15 kg	Yellow
10 kg	Green
5 kg – 2.5 kg – 1.25 kg	Any colour

EXAMPLE BENCH FOR POWERLIFTING

BENCH		Paragraph 14.4.
LENGTH	Overall flat and level	2100,00 mm
WIDTH	The main body of the bench	610,00 mm 305,00 mm 152,50 mm
HEIGHT	Minimum from the floor Maximum from the floor	450,00 mm 500,00 mm
STANDS	A minimum for the non-adjustable part	700,00 mm
	Minimum width between insides of bar rest	1.100,00 mm

IPC INSPECTION SHEET POWERLIFTING

Name	Country	B.w.	Suit	T-Sh.	Bra	Socks	Shoes	Ban- dages	Belt	Strap	Own strap	El- bows	Knee	Plas- ters
1.														
2.														
3.														
4.														
5.														
6.														
7.														
8.														
9.														
10.														
11.														
12.														
13.														
14.														
15.														
16.														
17.														
18.														

COMPETITION CARD

Name		Country
Drawn number	Bodyweight	Category
	Height supports	
1st attempt	2nd attempt	3rd attempt
	1st change	
	2nd change	
BEST RESULT		

COMPETITION CARD

Name		Country
Drawn number	Bodyweight	Category
	Height supports	
1st attempt	2nd attempt	3rd attempt
	1st change	
	2nd change	
BEST RESULT		

POWERLIFTING SCORE SHEET

Category	Date		Venue	World Record	Continental Record	National Record	

Name	Country	B.W.	1st att.	2nd att.	3rd att.	4th att.	B. Result	Place
1.								
2.								
3.								
4.								
5.								
6.								
7.								
8.								
9.								
10.								
11.								
12.								
13.								
14.								
15.								
16.								
17.								
18.								

Side Referee 1	Chief Referee	Side Referee 2	Chairman

World Record Application Form to be submitted to the IPC Chairman Powerlifting by “ First Class Mail ” within one month following the date of competition. Applications without a complete list of results, copy of the classification passport and the doping control results are NOT acceptable.

Event	
Date	
Venue	
Place and country	
Name of competitor	
Country of competitor	

Bodyweight	Kgs		Grs		Record	Kgs		Grs	

	Yes	No
Electronic refereeing		
Jury		
Certified scale-bar		

Names Referees	Signatures Referees
1.	
2.	
3.	

I hereby certify that the IPC Powerlifting rules and the World Record rules have been complied with, that the officials were duly certified and that the above statements are accurate.

Chairman	Technical Delegate	President Jury	Chief Referee
Name		Signature	

Submitting the application :

National Federation	
Name National Secretary	
Signature + Official Stamp	
Date	

POWERLIFTING APPLICATION for CONTINENTAL RECORD

Continental Record Application Form to be submitted to the IPC Chairman Powerlifting by “ First Class Mail ” within one month following the date of competition. Applications

without a complete list of results, copy of the classification passport and the doping control results are NOT acceptable.

Event	
Date	
Venue	
Place and country	
Name of competitor	
Country of competitor	

Bodyweight	Kgs		Grs		Record	Kgs		Grs	

	Yes	No
Electronic refereeing	<input type="checkbox"/>	<input type="checkbox"/>
Jury	<input type="checkbox"/>	<input type="checkbox"/>
Certified scale-bar	<input type="checkbox"/>	<input type="checkbox"/>

Names Referees	Signatures Referees
1.	
2.	
3.	

I hereby certify that the IPC Powerlifting rules and the Continental Record rules have been complied with, that the officials were duly certified and that the above statements are accurate.

Chairman	Technical Delegate	President Jury	Chief Referee
Name		Signature	

Submitting the application :

National Federation	
Name National Secretary	
Signature + Official Stamp	
Date	