

POWERLIFTING AUSTRALIA LIMITED



REGULATIONS

As at 20th of February 2018

CONTENTS

1. Affiliations
2. Membership
3. Development Plan
4. Competitions
5. National Teams
6. Australian Records
7. Referees
8. Grading Scale
9. Hall of Fame
10. Drug-Testing and Anti-Doping Policies and Procedures

TERMINOLOGY and ABBREVIATIONS

In these Regulations, unless otherwise indicated, the following terms and abbreviations shall apply -

“P.A.” refers to Powerlifting Australia Ltd.

“A.S.C.” refers to the Australian Sports Commission

“A.S.A.D.A.” refers to the Australian Sports Anti-Doping Authority

“A.S.I.C.” refers to the Australian Investment and Security Commission

“Board” refers to the Board of P.A.

“I.P.F.” refers to the International Powerlifting Federation

“Member” refers to Members of P.A. as defined in Rules 10 to 14 of the P.A. Constitution

1. AFFILIATIONS

- 1.1 P.A. shall seek to maintain a continuous affiliation with the International Powerlifting Federation (I.P.F.) and may also maintain such related or other Powerlifting memberships or affiliations as are deemed to be appropriate by the Board, such as “Oceania Powerlifting Federation”, “Commonwealth Powerlifting Federation”, etc. In affiliating with the I.P.F., P.A. shall substantially adhere to the rulings, laws and policies of the I.P.F.
- 1.2 P.A. shall adhere to the I.P.F. “Technical Rules” in force at the time in the conduct of all competitions carried out within the structure of P.A. and in the event of the amending of that Rules Handbook by the I.P.F., P.A. and its Members shall adhere to such amended Technical Rules. The only exceptions to the application of all I.P.F. Technical Rules to all P.A. competitions shall be as specified in the P.A. Regulations (see Regulation 4.7).
- 1.3 P.A. Members shall not affiliate with, or participate as a lifter, coach or official in, or act as a facilitator, promoter or organizer of, a powerlifting event, activity or organization that is not an event, activity or organization conducted or sanctioned by P.A. or affiliated with P.A., or is not an international event or activity conducted by an international sporting organization or body that P.A. is affiliated with. If a Member does so affiliate with or participate in such an event or activity, on the determination of the P.A. Board, that Member shall be suspended from participation as a lifter, coach and/or official within P.A. for a period of 12 months from that date of determination.
- 1.4 P. A. members shall not associate in a professional or sport-related capacity with any person serving a period of ineligibility on account of an anti-doping rule violation. Such precluded associations shall include being coached by, managed, treated or represented by the person serving the period of ineligibility. The burden shall be on the P.A. member to establish that any such association with a person serving a period of ineligibility is not in a professional or sport-related capacity. If a Member does so associate with a person serving a period of ineligibility, on the determination of the P.A. Board, that member shall be suspended from participation as a lifter, coach and/or official within P.A. for a period of 12 months from the date of that determination.
- 1.5 In addition to, and as distinct from any affiliation with the I.P.F., P.A. may affiliate to, maintain membership of and/or participate in the activities of, any sporting or other organization or association that the Board deems appropriate to so associate with. Such additional sporting or other organizations or associations may include the Confederation of Australian Sport, the Australian Sports Commission, the Australian World Games Association, the Australian Sports Anti-Doping Authority, the Australian Paralympic Federation, etc.

2. MEMBERSHIPS

- 2.1 Natural persons shall not be admitted as Members of P.A. if they also, at the time of their application for membership, maintain a membership of or participation in the activities of any powerlifting organisation which does not adhere to an Anti-Doping Policy substantially similar to the Anti-Doping Policy of P.A. Further, any person who is a Member of P.A. and, to the satisfaction of the Board, is found to have taken out a membership or participated as a lifter, coach, official, promoter or organizer in the activities of any powerlifting organisation which does not adhere to an Anti-Doping Policy substantially similar to the Anti-Doping Policy of P.A. may be deemed by ruling of the Board to have forfeited their membership and that membership may be cancelled.
- 2.2 The annual membership fee (subscription) payable to P.A. by Members becomes due on 1st January in each year and shall be \$175 (incl. GST) per calendar year, except in the cases of
- individuals who are aged under 18 years of age on 1st January in the year of their registration, or who are a member of a disability sporting organisation, who shall pay \$75 (incl. GST), but only \$37.50 (incl. GST) if they join after 31st August in that year
 - individuals who are aged under 23 years of age on 1st January in the year of their registration, or are pensioners, who shall pay \$125 (incl. GST), but only \$62.50 (incl. GST) if they join after 31st August in that year
 - individuals who are aged 23 years of age or over on 1st January in their registration and who join after 31st August in that year, who shall pay \$87.5 (incl. GST)
 - individuals who affirm, on their P.A. membership form, that whilst members of P.A. they will act only as administrators, officials, coaches, supporters or the like and will not lift in any powerlifting contest for that year, who shall pay \$125 (incl. GST), but only \$62.50 (incl. GST) if they join after 31st August in that year; a member who has paid a membership fee of \$125 or \$62.50 as a non-lifter under this sub Rule may, in any year, pay the additional amount of \$50 to establish their status as a member who lifts in powerlifting competitions and that altered status shall apply from the date on which P.A. receives the additional payment

- 2.3 A person applying for Membership of P.A. shall not be admitted to membership until he or she lodges with the P.A. a Registration Form, by which lodgment he or she indicates his or her acceptance of the P.A. Constitution, Regulations and Anti-Doping Policy.
- 2.4 All Members of P.A. are required, at their onus, to ensure the accuracy and currency of their residential and other addresses, training venue and time details and telephone contact details as kept on P.A. records. In any instance of a Member failing to advise in writing to P.A. of any change in his or her address or training venue and time details or telephone contact details within 14 days of the occurrence of that change that member shall be liable for suspension from all national and international competition for a period of up to six months, on the determination of the Board.
- 2.5 No person can participate as a lifter, referee, coach or lifter's handler in events or activities organized or recognized in any way by P.A. unless he or she is a member of P.A. in good standing, that including having lodged a P.A. Registration Form, thus establishing their availability for in-competition and out-of-competition drug-testing as carried out by A.S.A.D.A. and/or the I.P.F. and/or P.A. and also their subjection to the P.A. Constitution, Regulations and Anti-Doping Policy.

3. STRATEGIC PLAN

- 3.1 P.A. shall, at intervals of no less than each three years, prepare a document, called a Strategic Plan, which shall set out plans, objectives and targets for the operations of P.A. over the period to follow the preparation of that Plan. Such Plan shall be reviewed by P.A. at least once each two years, such review to include alterations to the original plan in light of progress achieved towards the original Plan plans, objectives and targets.
- 3.2 The most recent P.A. Strategic Plan, and any current updates relevant to that Plan, shall be displayed on the P.A. website, www.powerliftingaustralia.com.

4. COMPETITIONS

- 4.1 P.A. shall promote the conduct of Powerlifting competitions amongst its Members. Those competitions shall be either Equipped, in that the lifter may wear any lifting equipment within the I.P.F. Technical Rules, or Raw, in which the lifter may only wear lifting attire as per the "I.P.F. Technical Rules for Classic (raw/unequipped) Lifting". Raw performances will only be recognized for Raw ranking, record and qualifying purposes and Equipped performances will only be recognized for Equipped ranking, record and qualifying purposes
- 4.2 P.A. shall recognize, for the purposes of P.A. rankings, qualifying totals and the like, results of competitions which are carried out by itself or promoters or other individuals or entities authorized by P.A. where P.A. is satisfied that -
- (i) all competitors, referees, coaches and lifter-handlers involved in the competition were registered and current financial members of P.A.; in the event of a lifter engaging or utilizing the services of a coach or lifter-handler at a competition who is not a currently registered member of P.A., that lifter shall be disqualified from the competition on the ruling of the Chief Referee or other appropriate official at that competition.
 - (ii) all Referees officiating at the competition were on the register of accredited referees (as per Regulation 7).
 - (iii) All competitors, referees and coaches and lifter-handlers were entered via the PA website 10 or more days prior to the conduct of the competition
 - (iv) the competition was carried out in accordance with the I.P.F. "Technical Rules" in force at the time, subject to any variations in those Rules specified in the P.A. Regulations (see Regulation 4.7).
 - (v) the carrying out of the competition is documented to the satisfaction of P.A., such documentation to include the name, bodyweight, membership number, each lifting attempt and total for each lifter, along with the signatures and membership number of the three referees adjudicating the competition, such signatures attesting to the bona fides of the competition; this documentation will only be accepted if on a standard form approved by the P.A. Board (attached below)
 - (vi) the nature, composition or method of conduct of the competition did or does not contravene the P.A. Constitution, Regulations, Anti-Doping Policy or other procedures or requirements
- 4.3 In each calendar year P.A. shall recognise, for each of the following, one only event to be designated as the -
- Australian Equipped Championships – Open, Junior, Sub-Junior, Masters, Bench Press
 - Australian Raw Championships - Open, Junior, Sub-Junior, Masters, Bench Press

each such event to include separate male and female sections and to operate by age-group definitions as set out in the I.P.F. Technical Rules current at the time of the relevant Championships.

4.4 No person shall be eligible to enter an event designated by P.A. as an Australian Championship unless that person is both -

(i) a Member of P.A. in good standing for a lifter for that year as per Regulations 2.3 and as per Constitution rules 10 to 14

and

(ii) has been a Member of P.A., and thus available for drug-testing, for at least six months prior to the date of the Australian Championships which the member has entered for in the case of an Open Championships and at least three months in the case of Sub-Junior, Junior & Masters Championships. Time may also accrue under this clause where a person has been a member of another national sporting organization recognised by the A.S.C. and/or in which that person has been subject to in- and/or out-of-competition testing by A.S.A.D.A.

and

(iii) the Member has achieved a competitive lifting performance equal to or better than the following qualifying standards –

- Australian Open Championships (Powerlifting or Bench Press) – B Grade on the applicable current P.A. Equipped or Raw Grading Scale (see Regulation 8)
- Australian Junior Championships (Powerlifting or Bench Press) – C Grade on the applicable current P.A. Equipped or Raw Grading Scale (see Regulation 8)
- Australian Sub-Junior Championships (Powerlifting or Bench Press) – D Grade on the applicable current P.A. Equipped or Raw Grading Scale (see Regulation 8)
- Australian Masters (Powerlifting or Bench Press) Championships – any total



Event: _____ DATE: _____

Scales No: _____ Weights Reg. No: _____

Venue: _____

MEM No.	NAME	LOT No.	M/F	AGE GROUP	BODY WEIGHT	WEIGHT CLASS	CLUB/ STATE	SQUAT			BENCH PRESS			SUB TOTAL	DEADLIFT			TOTAL	PLACE	WILKS COEFF	POINTS	BEST LIFTER RANK		
								1	2	3	1	2	3		1	2	3							

REFEREES: CHIEF NAME: _____ SIDE NAME: _____
 CATEGORY: _____ M/SHIP No. _____ CATEGORY: _____ M/SHIP No. _____
 SIGNATURE: _____ SIGNATURE: _____

MARK RECORDS AS FOLLOWS: WR = WORLD RECORD CR = COMMONWEALTH RECORD OR = OCEANIA RECORD AR = AUSTRALIAN RECORD

and to be eligible to compete in the Australian Championships the Member must have achieved the relevant qualifying standard in a P.A. recognised competition held no earlier than 1st January of the calendar year prior to the calendar year in which the Championships are to be conducted. However, in addition to lifters so qualified, the Board may approve the entry into an Australian Championships of a lifter who is considered to have the capacity to qualify but have not done so due to extraordinary circumstances, or a lifter whose competitive standard is such that their participation will substantially enhance the presentation or standard of the Championships.

4.5 Any Member, promoter, corporation or other entity desiring to conduct an event to be recognised by P.A. as an Australian Championship of any kind shall be required to present to P.A. a formal written bid for the right to conduct that Championship. Such bid, to be considered by P.A., must include confirmed written details as to -

- (i) the date(s) for the proposed Championships
- (ii) the competition venue(s) for the proposed Championships
- (iii) the hotel or other accommodation arrangements for the proposed Championships
- (iv) the financial budget for the proposed Championships, and other relevant details as to financial arrangements
- (v) definition of the legal entity responsible for conduct of the Championships and the proposed relationship of that entity to P.A.
- (vi) a statement of acceptance by the entity responsible for the Bid that the Championships in question will be conducted in accordance with the P.A. Regulations and the directions of P.A.

P.A. shall consider bid(s) received in this format and award the Championship under consideration on the basis of such bids. In the period subsequent to the acceptance of a Bid and up to the completion of the Championship in question P.A. shall act to ensure the provision at the Championship of facilities, procedures, personnel, etc. which P.A. considers to be adequate for the conduct of the Championship. In that regard P.A. shall consider and require the provision at the proposed Championship of -

- adequate scoreboard, lifting platform and staging facilities
- adequate lifting equipment, in accordance with I.P.F. rules and any commercial arrangements PA is subject to at the time
- adequate hotel or other accommodation for Championship participants
- medallions for place-getters, in all divisions and trophies for the Best Lifter, male and female, such medallions and trophies to be approved by P.A. and provided at the promoting entities expense

- adequate provision for training facilities in the immediate period leading up to the Championship
- provision of certified scales to be available to competitors on an extended hours basis from at least 48 hours prior to the time of the first weigh-in
- provision of adequate sauna facilities to be available to competitors on an extended hours basis from at least 48 hours prior to the time of the first weigh-in
- two separate time clocks suitable for clearly showing times for the lodgment and taking of attempts
- adequate arrangements for medical coverage of the Championships
- any other facilities or arrangements P.A. deems necessary

The entry of lifters and allocation of referees at the Championships shall be under the control of P.A. In the event of the P.A. Chief Executive Officer becoming of the opinion that the arrangements for a proposed Championship are or will become inadequate overall, P.A. shall terminate the authority for the entity proposing to conduct the Championships to so conduct those Championships and shall make such arrangements as necessary for the Championship to be conducted in alternative circumstances.

4.6 At all contests promoted, conducted, sanctioned or otherwise recognised by P.A., the following procedures shall be adhered to for the purpose of dealing with the possibility of transmission of infectious diseases -

- (i) any open cuts or abrasions suffered by lifters, coaches, lifter-handlers or the like shall be reported, by the person suffering that cut or abrasion or by any other person observing such a cut or abrasion, to the medical officer, or other appropriate official, at the contest, with a view to treatment and bandaging of that cut or abrasion
- (ii) all lifters, coaches, lifter-handlers or the like shall take all other reasonable steps necessary to maintain personal hygiene whilst in or at the competition
- (iii) any clothing, equipment or surfaces contaminated by blood at any point in the competition must be regarded as potentially infectious and treated accordingly; this shall include immediate cleaning of the clothing, equipment or surface with appropriate disinfectant agents, such cleaning being the responsibility of the chief referee
- (iv) if a participant is subject to bleeding which cannot be controlled, that person may be removed from the contest, on the ruling of the chief referee.

4.7 The I.P.F. Technical Rules are varied for Powerlifting Australia contests only to the extent of –

- (i) General Rules of Powerlifting 3 – P.A. shall conduct competitions and records for men and women in the additional age group of M3 (60-69 years), M4 (70-79 years) and M5 (80+ years)

- (ii) General Rules of Powerlifting 7 – shall be applied to P.A. competitions only in events listed in Regulation 4.3 (i.e. National Championship) and only to the extent that the bodyweight class nominated by the lifter on his or her entry form, lodged no less than 21 days prior to the event, shall be binding and unchangeable
- (iii) General Rules of Powerlifting 13 – the specified dress code for medalists shall apply only at all P.A. competitions listed in Regulation 4.3 (i.e. National Championships), with the additional option that the lifter may wear a Powerlifting lifting suit instead of a team tracksuit
- (iv) Powerlifts And Rules of Performance – Bench Press – 6 and 8 and Causes for Disqualification and Failure Card Bench Press 2 Blue – for all P.A. competitions the words “straight arm”, “straight arms length” and “elbows locked” shall in effect be deleted and the words “arms extended to the lifter’s complete arms length” shall apply
- (v) Weighing in 1 & 3 – weigh-in at all competitions other than those listed in Regulation 4.3 (i.e. National Championships) shall commence no earlier than 1 ½ hours before the start of competition for a particular session & will last for 1 hour
- (vi) Order of Competition – Technical Controller 1 – the specified dress code for Coaches shall apply only at all P.A. competitions listed in Regulation 4.3 (i.e. National Championships).

5. NATIONAL TEAMS

- 5.1 P.A. shall attempt to field teams in all world and appropriate regional championships or games conducted and/or approved by the I.P.F. and in any other relevant international event within the scope of the Regulations.
- 5.2 Teams for such international events shall be selected by P.A. at the conclusion of the appropriate Australian Championships immediately prior to that event; however if the timing of the event, or any other pertinent factors, render the selection of an Australian team immediately after an Australian Championship inappropriate, then such selection shall be deferred until a time deemed appropriate by P.A. In selecting teams P.A. shall have regard primarily to the lifters performance at the appropriate Australian Championships and shall also comply with Regulations 5.3 to 5.8.
- 5.3 To be eligible for selection as per 5.2 a member must have indicated their availability for selection by the lodgment into the P.A. bank account of \$1000. Such deposit will be refunded in full if the member is not selected for the team, but may not be refunded if the member is selected and then withdraws from the team in a manner which increases costs to P.A. or other team members. If the member is selected for the Australian team to the event, that deposit shall be retained by P.A. and applied to costs incurred by P.A. as to travel, accommodation, uniform, entry fees etc. for that member. Team members may be invoiced by P.A. for any or all costs of their participation in the event at any time after selection.
- 5.4 The composition of national teams representing P.A. shall be
- (i) competing lifters as appropriate for the event
 - (ii) a Head Coach and one or more Coaches
 - (iii) where appropriate, one or more Assistant Coaches
 - (iv) a team Manager
 - (v) such other team officials as are deemed necessary by P.A.

Only such appointed team members may be granted security passes, coach backstage or otherwise administer any aspect of team performance from the time of selection of the team until the conclusion of the event in which the team is competing.

- 5.5 No lifter shall be selected as a member of a national team unless he or she has competed in the immediate prior national championships equivalent to their international event type and age-group; however, at the discretion of P.A. an individual may be exempted from the operation of this Regulation if he or she can demonstrate a compelling reason as to why he or she did not compete in the relevant national championship eg. injury, overriding international commitment, etc.
- 5.6 No lifter shall be selected as a member of a national team where, on the absolute determination of P.A., that that individual is considered likely to be disruptive to others on, or the whole of, the team for which he or she is to be considered for selection, or where that individual has

failed, or is likely to fail, to comply with the administrative arrangements for the event in question. That compliance shall include the signing and following of a Team Code Of Conduct

5.7 P.A. shall select Australian teams for the following international events, with the minimum Grading Scale performance from the calendar year of, or the prior calendar year, to be considered for selection to be as follows –

World Championships (Men, Women)	Equipped Elite 1
Bench Press World Championships (Men, Women)	Equipped Elite 1
Junior World Championships (Men, Women)	Equipped Elite 2
Oceania Championships (Men, Women)	Equipped Elite 2
Oceania Bench Press Championships (Men, Women)	Equipped Elite 2
Commonwealth Championships (Men, Women)	Equipped Elite 2
Raw/Classic World Championships (Men, Women)	Raw Elite 1
Raw Oceania Championships (Men, Women)	Raw Elite 2
Raw Oceania Bench Press Championships (Men, Women)	Raw Elite 2
Raw Commonwealth Championships (Men, Women)	Raw Elite 2
Raw Commonwealth Bench Press Championships (Men, Women)	Raw Elite 2

In addition those lifters who meet these Grading Scale criteria and also the other selection criteria contained in these Regulations and are selected to the team, P.A. may select in the team lifters whom P.A. considers to be -

- (i) World Championships, Junior World Championships - probable event (Squat or Bench Press or Deadlift) medallists, or
- (ii) World Open Championships, Junior World Championships - probable overall placing in Top 8 of bodyweight class

Lifters selected under the criteria of this Regulation shall, subject to the availability of funds, be funded by Powerlifting Australia up to the amount of the full direct costs of their attendance at the Championships or event.

5.8 In addition to lifters selected for Australian teams under the Regulation 5.6, P.A. may add to selected teams lifters who have met, in the current or prior calendar year to the event in question, the following Grading Scale Performance –

World Championships (Men, Women)	Equipped Elite 2
Bench Press World Championships (Men, Women)	Equipped Elite 2
Junior World Championships (Men, Women)	Equipped A Grade
Junior World Bench Press Championships (Men, Women)	Equipped B Grade
Sub-Junior World Bench Press Championships (Men, Women)	Equipped B Grade
Oceania Championships (Men, Women)	Applicable Raw and Equipped A Grade
Oceania Junior Championships (Men, Women)	Applicable Raw and Equipped B Grade
Oceania Sub-Junior Championships (Men, Women)	Applicable Raw and Equipped C Grade
Oceania Bench Press Championships (Men, Women)	Applicable Raw and Equipped A Grade
Oceania Junior Bench Press Championships (Men, Women)	Applicable Raw and Equipped B Grade
Oceania Sub-Junior Bench Press Championships (Men, Women)	Applicable Raw and Equipped C Grade
Commonwealth Championships (Men, Women)	Applicable Raw and Equipped A Grade
Commonwealth Junior Championships (Men, Women)	Applicable Raw and Equipped B Grade

Lifters selected under the criteria of this Regulation shall receive no funding from Powerlifting Australia for their attendance at the Championships.

- 5.9 No individual shall be selected as a Head Coach, Coach or Assistant Coach to a national team unless he or she holds a current National Coaching Association Scheme accreditation of at least Level I.
- 5.10 Save for any effect of Regulation 5.7, all individuals selected as competitors or officials in national teams shall be responsible for meeting their own costs for travel, accommodation, uniforms and other expenses associated with their membership of that team and no financial liability whatsoever shall accrue to P.A. by virtue of the individual's participation in the event for which they are selected.
- 5.11 Notwithstanding Regulation 5.10, P.A. may choose, if funds so permit, to reimburse individuals selected in national teams part or all of the costs attributable to them being in that national team and/or participating in a world or regional championships or games.
- 5.12 Insofar as a P.A. Member is and remains a national team member, he or she will be under the direction and authority of P.A. and its officers as concerns the financial, travelling, accommodation, competitive and all other arrangements related to that national team and the event for which he or she is selected to participate. Such arrangements may include departure of all team members from a common point within Australia, or within one flight sector from Australia, and travel together via a single airline carrier or travel agent; the only exceptions to such arrangements shall be where a team member is a long term resident outside Australia or where, on the ruling of P.A., there is deemed to be an exceptional and major financial detriment to the individual if such arrangements are followed eg. the lifter is an employee of another airline or agency and would otherwise be entitled to a heavily discounted airfare.

6. AUSTRALIAN RECORDS

- 6.1 P.A. shall maintain a register of Raw and Equipped Australian Records in the Powerlifting bodyweight, age and sex categories set out in the I.P.F. Technical Rules in force at the time.
- 6.2 For performance(s) to be considered for recognition and listing in the register of Australian Records, P.A. must be satisfied that the performance(s) met the following conditions -
- (i) the performance was set in an event listed with both P.A. and A.S.A.D.A. as a competition at which drug testing can take place and at which the conditions of Regulation 4.2 Competitions were all met
 - (ii) the competition in which the performance(s) occurred was adjudicated by three referees of National or higher grading on the PA register of accredited referees (as per Regulation 7)
 - (iii) those referees established the conformity with the I.P.F. rules of the scales, barbell, weights, racks, platform and other equipment used in the competition.
 - (iv) the lifter has, in the case of age-group records, verified his or her age, by means of provision of a copy of their birth certificate, or similar documentation, to P.A.
 - (v) the lifter setting the record performance -
 - a. was a member in good standing with P.A. at the date of the record performance
 - b. has been a Member of P.A. and thus subject to the P.A. Anti-Doping Policy for at least six months prior to the date of the record performance in the case of Open records and for at least three months prior in the case of Sub-Junior, Junior & Masters records
- The format for the provision of the information necessary for the recognition of a record shall be that of a fully completed P.A. competition score sheet (see Regulation 4.2) in both electronic and hardcopy format.
- 6.3 In all instances, P.A. retains the right to establish minimum standards for the listing of a performance as an Australian Record in any particular category and to reject any record application for a performance which is not equal to or higher than that standard.
- 6.4 P.A. retains the right to remove, and will so remove, from the register of Australian Records the name and performance of any individual member who at any time subsequent to the record performance is found by means of the due process set out in the P.A. Anti-Doping Policy to have committed an Anti-Doping Rule Violation which has resulted in that individual suffering a suspension of two years or more

7. REFEREES

- 7.1 P.A. shall maintain a register of individuals accredited as referees within P.A.
- 7.2 The register of referees shall include persons recognised by P.A. as one of the following -
- (i) **Provisional Referees** – such persons shall be listed as Provisional National Referees upon satisfactory completion of an examination administered by P.A. following a training process delivered by P.A.
 - (ii) **National Referees** - such persons shall be listed as National Referees upon the completion of at least six sessions of Refereeing at separate events as a Provisional Referee to the satisfaction of P.A. and also upon their completion of a training process and theoretical and practical examinations at a standard deemed adequate to the satisfaction of P.A. National Referees shall retain their National Referee status where they have refereed at least two events in the prior calendar year and if not that Referee shall revert to Provisional National Referee status
 - (iii) **International Category Referees** - such persons shall be listed according to their recognition by the I.P.F. system of Referee grading.
- 7.3 A person shall not be placed or maintained on the register of Referees unless he or she is a member of P.A. in good standing at the time.

8. GRADING SCALES

- 8.1 P.A. shall adopt “Grading Scales”, setting out a series of standards for rating achievement in the Total and the Bench Press in both Equipped and Raw bodyweight and gender categories in Powerlifting & Bench Press (see below). These Grading Scales shall be based upon the Wilks Formula.
- 8.2 The Grading Scale shall be used as a basis for determining qualifying totals for Australian Championships and for the selection of lifters in national teams (see also Regulations 5.4 to 5.7), whereas the Wilks Formula shall be used for determining “Best Lifter” at national championships, the highest Formula result among class winners, separately for Men and Women, being awarded that title.

POWERLIFTING AUSTRALIA LTD. – EQUIPPED GRADING SCALE

Table 1 – Women Total (kg)

WOMEN	E1	E2	A	B	C	D
43	N/A	285	260	230	205	175
47	335	310	280	250	220	190
52	365	335	305	275	240	210
57	390	360	325	295	260	230
63	425	390	355	320	285	250
72	460	425	385	350	305	270
84	495	460	420	380	330	285
84+	525	490	450	405	355	300

Table 2 – Men Total (kg)

MEN	E1	E2	A	B	C	D
53	N/A	480	435	390	340	285
59	580	530	485	435	375	315
66	640	585	535	480	415	355
74	695	640	585	525	450	385
83	750	690	630	565	485	415
93	800	735	670	600	515	440
105	840	770	705	630	545	460
120	875	805	730	655	565	480
120+	900	830	755	675	585	495

Table 3 – Women Bench Press Only (kg)

WOMEN	E1	E2	A	B	C	D
43	N/A	75	65	50	42.5	32.5
47	90	80	70	55	47.5	37.5
52	97.5	87.5	77.5	62.5	55	45
57	105	95	85	70	62.5	50
63	115	102.5	92.5	77.5	70	55
72	125	110	100	82.5	75	60
84	135	120	107.5	92.5	80	65
84+	145	130	115	100	85	70

Table 4 – Men Bench Press Only (kg)

MEN	E1	E2	A	B	C	D
53	N/A	135	120	105	90	72.5
59	170	150	135	120	105	80
66	185	165	150	135	115	90
74	200	180	165	145	125	100
83	220	195	180	155	135	107.5
93	235	210	190	165	142.5	115
105	250	225	200	175	150	122.5
120	265	240	210	182.5	157.5	130
120+	280	250	220	190	165	135

POWERLIFTING AUSTRALIA LTD. – RAW GRADING SCALE

Table 5 – Women Total (kg)

WOMEN	E1	E2	A	B	C	D
43	N/A	215	195	175	155	130
47	260	235	215	190	165	140
52	280	255	230	205	180	155
57	302.5	280	250	225	195	165
63	327.5	305	275	245	215	185
72	360	335	305	270	235	205
84	395	375	340	300	265	225
84+	420	390	350	315	275	235

Table 6 – Men Total (kg)

MEN	E1	E2	A	B	C	D
53	N/A	390	350	305	265	235
59	497.5	435	390	345	300	260
66	547.5	480	430	380	335	290
74	597.5	535	480	420	365	320
83	645	580	520	460	400	350
93	685	635	565	500	435	380
105	720	690	600	525	460	400
120	750	710	635	560	490	430
120+	795	740	660	585	515	450

Table 7 – Women Bench Press Only (kg)

WOMEN	E1	E2	A	B	C	D
43	N/A	60	52.5	40	35	25
47	72.5	65	55	45	37.5	30
52	77.5	70	62.5	50	45	35
57	85	75	67.5	55	50	40
63	92.5	82.5	75	62.5	55	45
72	100	87.5	80	65	60	47.5
84	107.5	95	85	75	65	52.5
84+	115	105	92.5	80	67.5	55

Table 8 – Men Bench Press Only (kg)

MEN	E1	E2	A	B	C	D
53	N/A	107.5	95	85	72.5	57.5
59	135	120	107.5	95	85	65
66	147.5	132.5	120	107.5	92.5	72.5
74	160	145	132.5	115	100	80
83	175	155	145	125	107.5	85
93	187.5	167.5	152.5	132.5	115	92.5
105	200	180	160	140	120	97.5
120	212.5	192.5	167.5	145	125	105
120+	225	200	175	152.5	132.5	107.5

9. HALL OF FAME

- 9.1 P.A. shall maintain a register of persons who shall be deemed to be members of the Powerlifting Australia Hall of Fame.

- 9.2 The selection of persons for listing in the Powerlifting Australia Hall of Fame shall be carried out by the Board. The criteria for such selection shall be that the lifter has achieved lifting performances as a member of P.A. or its legal predecessors which were of an exceptional international standard and largely achieved at World Championships, did so over an extended period of time, generally conducted themselves in a manner which brought credit on P.A. and themselves and has at the time of consideration for the Hall of Fame has retired from or largely completed their international competitive career.

10. DRUG-TESTING AND ANTI-DOPING POLICIES AND PROCEDURES

- 10.1 The P.A. Anti-Doping Policy has force equal, and acts similarly, to the P.A. Regulations and Constitution Rules in regulating the activities of P.A. and its Members.