

POWERLIFTING AUSTRALIA LIMITED



REGULATIONS

As at 1st January 2022

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TERMINOLOGY and ABBREVIATIONS

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

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

“ASIC” refers to the Australian Investment and Security Commission

“Board” refers to the Board of P.A.

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

‘SIA’ refers to Sport Integrity Australia

2. MEMBERSHIPS

2.1 The annual membership fee (subscription) payable to P.A. by Members or persons applying to become Members becomes due on 1st January in each year or on the date of application for membership and shall be \$150 (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 organization, who shall pay \$50 (incl. GST), but only \$25 (incl. GST) if they join on or after 1st September in that year
- individuals who are aged under 23 years of age on 1st January in the year of their registration, or are pensioners or members of a disabled sporting organization, who shall pay \$100 (incl. GST), but only \$50 (incl. GST) if they join on or after 1st September in that year
- individuals who are aged 23 years of age or over on 1st January in their year of registration and who join on or after 1st September in that year, who shall pay \$50 (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 \$100, (incl. GST) but only \$50 (incl. GST) if they join on or after 1st September in that year; a member who has paid a membership fee of \$100 or \$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

Alternatively and in addition to the above, a person who applies to become a Member of P.A. on or after 1st December in a year shall pay the amount applicable as above for a full calendar year as per their category above and their membership shall commence from the date of their acceptance as a Member and into the following calendar year.

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 national and international competition and national record-setting 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 S.I.A. and/or World Powerlifting 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.

4.4 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 2.1 to 2.4 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 Youth, Junior & Masters Championships. Time may also accrue under this clause where a person has been a member of another national sporting organization in which that person has been subject to in- and/or out-of-competition testing by S.I.A. or an equivalent authority

and

(iii) the Member has achieved a competitive lifting performance in a P.A. recognized event equal to or better than the following qualifying standards –

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

In the calendar year of, or the calendar year prior to, the Championships.

In addition to lifters qualified as per the above criteria the Board may approve and allow 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, incorporation or other entity desiring to conduct an event to be recognized 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. Constitution, Regulations and Anti-Doping Policy and at 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 World Powerlifting Rules of Competition and any commercial arrangements P.A. 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 wet 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 recognized by P.A., the following procedures shall be adhered to for the purpose of dealing with the possibility of transmission of infectious diseases -

- (i) all elements of the Powerlifting Australia Framework For Powerlifting Training And Competition Under Covid-19 Restrictions, Powerlifting Competition section
- (ii) 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
- (iii) 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
- (iv) 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
- (v) 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 World Powerlifting Rules of Competition are varied for Powerlifting Australia contests only to the extent of –

- Rule 4.3 – T-shirts in all P.A. Competitions may be plain i.e. of a single colour with no logos or emblems or may have the logo or emblem of a P.A. recognized club or regional centre and/or the logo or emblem of commercial entities as approved by the P.A. Board (being as at 1/1/22 “A7” and “Samtek”) and/or the logo or emblem of P.A. or any Powerlifting organization P.A. is affiliated with as per Regulation 1.1 and/or the logo or emblem of the original manufacturer of the T-shirt subject to a maximum size of that logo or that emblem of 5cm in any direction, all save as to World Powerlifting Rule 4.12
- Rule 4.12 (iii) and Rule 6.5 (v) – the specified dress code for medallists shall apply only at all P.A. competitions listed in Regulation 4.3 (i.e. Australian

Championships), with the additional option that the lifter may wear a Powerlifting lifting suit instead of a team tracksuit

- (iii) Rule 6.4 – the specified dress code for all Referees when on duty in all P.A. contests shall be – navy blue blazer with P.A. insignia on a pocket over the left breast, grey trousers or grey skirt (women), white shirt (men) or white blouse (women), P.A. tie or scarf (women), black leather dress shoes, black socks (men)
- (iv) Rule 7.2 – shall be applied to P.A. competitions only in events listed in Regulation 4.3 (i.e. Australian Championships) and only to the extent that the bodyweight class nominated by the lifter on his or her entry form, lodged no less than 2 days prior to the event, shall be binding and unchangeable
- (v) Rule 7.5 – weigh-in at all competitions other than those listed in Regulation 4.3 (i.e. Australian Championships) shall commence no earlier than 1 ½ hours before the start of competition for a particular session and will last for 1 hour
- (vi) Rule 7.8 – the break between Squats and Bench Press and between Bench Press and Deadlift may be varied to 5 minutes on the ruling of the Chief Referee

5. NATIONAL TEAMS

- 5.1 P.A. shall attempt to field teams in all world and appropriate regional championships or games 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 event; however, if the timing of the event, or any other pertinent factors, render the selection of an Australian team immediately after an Australian Championships 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 via the lodgment of \$500 or such other amount as determined by the CEO. 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 and officials may be granted security passes, coach backstage if selected as a Coach 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 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 an acceptable reason as to why he or she did not compete in the relevant national championship e.g. 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 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.

- 5.7 P.A. shall select Australian teams for the following international events, with the minimum Regulation 8.2 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)	Elite 1
Bench Press World Championships (Men, Women)	Elite 1
Junior World Championships (Men, Women)	Elite 2
Oceania Championships (Men, Women)	Elite 2
Oceania Bench Press Championships (Men, Women)	Elite 2
Commonwealth Championships (Men, Women)	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 and Junior World Championships - probable event (Squat or Bench Press or Deadlift) medallists, or
- (ii) World Championships and 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.

- 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 Regulation 8.2 Grading Scale Performance –

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

- 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 Powerlifting Australia 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, traveling, accommodation, competitive and all other arrangements related to that national team and the event for which he or she is selected to participate.

6. AUSTRALIAN RECORDS

- 6.1 P.A. shall maintain a register of Australian Records in the lifts and bodyweight, age and gender 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. as a competition at which drug testing can take place and at which the conditions of Regulation 4.2 Competitions were all met
 - (ii) in the case of Open Records, the competition in which the performance(s) occurred was adjudicated by three referees of National or higher grading on the P.A. register of accredited referees (as per Regulations 7.1 to 7.4)
 - (iii) in the case of Youth, Junior and Masters Records, the competition in which the performance(s) occurred was adjudicated by three referees on the P.A. register of accredited referees (as per Regulation 7), of which at least one was of national or higher grading
 - (iv) those referees established the conformity with the World Powerlifting Rules of Competition of the scales, barbell, weights, racks, platform and other equipment used in the competition
 - (v) 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.
 - (vi) 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 Youth, 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 recognized by P.A. as one of the following -
- (i) **Provisional National Referees** – such persons shall be listed as Provisional National Referees upon satisfactory completion of a training process and theoretical and practical 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 examination 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 Referees** - such persons shall be listed according to their recognition by the World Powerlifting 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.
- 7.4 Referees uniforms when on duty at P.A. events shall be as per Regulation 4.7

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). That Grading Scales shall be based upon the Wilks Formula 2.
- 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 5.7 to 5.9), whereas the Wilks Formula 2 shall be used for determining “Best Lifter” at Australian Championships, the highest Formula result among class winners, separately for Men and Women, being awarded that title.

POWERLIFTING AUSTRALIA LTD. – POWERLIFTING GRADING SCALE

Table 5 - Women Total (kg)

WOMEN	E1	E2	A	B	C	D
43	N/A	215	195	175	155	130
48	260	235	215	190	165	140
53	280	255	230	205	180	155
58	302	280	250	225	195	165
64	327	305	275	245	215	185
72	360	335	305	270	235	205
84	395	375	340	300	265	225
100	420	390	350	315	275	235
100+	430	400	375	340	300	260

Table 6 - Men Total (kg)

MEN	E1	E2	A	B	C	D
53	N/A	390	350	305	265	235
62	497	435	390	345	300	260
69	547	480	430	380	335	290
77	597	535	480	420	365	320
85	645	580	520	460	400	350
94	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
48	72	65	55	45	37.5	30
53	77	70	62.5	50	45	35
58	85	75	67.5	55	50	40
64	92	82	75	62.5	55	45
72	100	87	80	65	60	47
84	107	95	85	75	65	52
100	115	105	92.5	80	67	55
100+	117	107	95	82.5	70	57

Table 8 – Men Bench Press Only (kg)

MEN	E1	E2	A	B	C	D
53	N/A	107	95	85	72	57
62	135	120	107	95	85	65
69	147	132	120	107	92	72
77	160	145	132	115	100	80
85	175	155	145	125	107	85
94	187	167	152	132	115	92
105	200	180	160	140	120	97
120	212	192	167	145	125	105
120+	225	200	175	152	132	107

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
48	335	310	280	250	220	190
53	365	335	305	275	240	210
58	390	360	325	295	260	230
64	425	390	355	320	285	250
72	460	425	385	350	305	270
84	495	460	420	380	330	285
100	525	490	450	405	355	300
100+	545	515	480	440	385	335

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.