PARALYMPIC POWERLIFTING

In powerlifting, male and female athletes assume a position on a specially designed bench and, after taking or receiving the bar at arms length, the lifter shall wait with locked elbows for the Chief Referee's signal. After receiving the signal "start", the lifter must lower the bar to the chest, hold it motionless (visible) on the chest and then press it upwards, with an even extension of the arms,-to-arms length with locked elbows. When held motionless in this position the audible signal "rack" shall be given. An immediate decision shall be given by the three nominated international referees through a system of white and red lights. Each athlete has three attempts.

BASIC RULES

- During weigh in, the lifter or his coach must declare a starting weight and the bench rack height.
- There will be three rounds with only three attempts given
- Lifter's head must never lift off the bench during the lift
- Lifter must always grip the bar with thumbs and all fingers wrapped safely around the bar
- After taking control of the bar at arms length, the lifter must wait with elbows locked until the head referees give the start command and signal.
- An audible command "start" must be given immediately, as soon as the Chief Referee considers the lifter has firm control of the bar.
- The bar must progress upwards in a consistent equal manner to result in an equal extension of arm length.
- At no time must there be any staggered movement of the arms during the press phase.

Weight Classes

Men	Women
49kg	41kg
54kg	45kg
59kg	50kg
65kg	55kg
72kg	61kg
80kg	67kg
88kg	73kg
97kg	79kg
107kg	86kg
+107kg	+86kg

NATIONAL VETERANS WHEELCHAIR GAMES

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