



# **PARA POWERLIFTING SPORT TECHNICAL RULES**

**2026 Official Rules and Qualifying Standards**

**Move United**  
**451 Hungerford Dr., Ste 608**  
**Rockville, MD 20850**  
**Email: [jcloy@moveunitedsport.org](mailto:jcloy@moveunitedsport.org)**  
Competition Committee – Powerlifting: Paul Kolterjahn

# Contents

Preface.....	3
2.0 Lifts .....	4
3.0 Causes for Disqualification .....	6
4.0 Referees .....	6
5.0 Athlete Check-In/Kit Check .....	7
6.0 Equipment and Specifications .....	9
7.0 Categories of Weight Classes.....	10
8.0 Weighing In .....	11
9.0 Rules of Competition .....	12
10.0 Results.....	13
11.0 National Records .....	14
12.0 Qualifying Standards.....	14
13.0 Age Groups.....	15
14.0 Anti-Doping .....	15
15.0 Move United Powerlifting Sanctioning .....	16
Appendix 1    Kilo to Pounds Conversion Chart .....	17
Appendix 2    Move United Powerlifting Record Application Form.....	18

## Preface

The Move United Competition Committee is responsible for the rules used by competitions sanctioned by Move United. The primary powerlifting rules followed by Move United are the World Para Powerlifting (WPPO) Technical Rules and Regulations Revised May 2025. Throughout this document the words him, his, himself, and he include both male and female participants. The following rules are in line with World Para Powerlifting Rules, with slight adaptations made by the Committee to meet the needs of our athletes/members of Move United, especially Juniors. Specific references to the World Para Powerlifting rules are in parentheses. For more in-depth information please go to the International Paralympic Committee (IPC) website under Powerlifting. [www.paralympic.org/Powerlifting](http://www.paralympic.org/Powerlifting) and go to the “About” section of the website for rules and regulations.

Sanctioning requirements further clarified. 15.0  
Team Official/Coaching roles further clarified 9.9

### Rulebook Version Control

#### **2026 Competition Sanctioning changes and other rule clarifications**

2025 Competition Sanctioning changes, new WPPO Rules for the quad 2025-2028

2024 Powerlifting Rules 1-30-24 Grammar corrections and other clarifications

2023 Powerlifting Rules 2-9-23: WPPO rule changes, added new age groupings, and total lift competition

2022 Powerlifting Rules 4-26-22: Changes re New WPPO rules

2021 Powerlifting Rules V1: Changes for Move United and other updates from USAPP Nov2020

2020 Powerlifting Rules V1Final Final Updates to remove old rules, reorganize rules & parallel the World Para Rulebook. Jan2020

## 1.0 Disabled Athlete Participation

Competition is an open event for all physically disabled male and female competitors. Competitors become eligible to compete in this sport on the day of their 14th birthday. For International Competitions competitors need to be 15 years of age by the 1st of January for the year they are competing.

- 1.1 **Spinal Cord Injured and Dwarfism** The lifter must assume the following position on the bench, which must be maintained during the complete lift: shoulders (hair must not restrict the view), buttocks, legs and feet extended on the official bench. An exception for medical reasons must be approved by the referee prior to the competition. (Orthotics or special shoes are allowed)
- 1.2 **Cerebral Palsy (CP)** The lifter must assume the following position on the bench, which must be maintained during the complete lift: shoulders (hair must not restrict the view), buttocks, legs and feet extended on the official bench. Flexed legs may be supported by a wedge that must be approved by the referee prior to the competition (not to exceed 600 mm in length).
- 1.3 **Amputees** The lifter must assume, the following position on the bench, which must be maintained during the complete lift: shoulders (hair must not restrict the view), buttocks on the official bench. As far as possible, depending on the amputations, leg(s) and foot or prosthesis extended on the official bench. The lifter is prohibited to have an osteo-integrated prosthesis.
- 1.4 Lifting with a leg prosthesis is allowed and orthotics with shoes will be allowed for Spinal Cord Injured and CP athletes. (Please refer to the weight class section for additional rules for amputees.)

## 2.0 Lifts

World Para Powerlifting recognizes one type of lift, which must follow all World Para Powerlifting rules: the Powerlifting Bench Press.

Some competitions have chosen to continue to do the Old Weightlifting Bench Press, which was previously recognized by Move United. Should a competition choose to continue offering this type of lift, the Move United Competition Committee strongly recommends that athletes lift only one type of lift in a 24-hour period. At all National meets, there will only be one lift, the Powerlifting Bench Press.

The Powerlifting Press must be executed with two hands. Fingers and thumbs must all be wrapped around the bar. Each athlete is permitted three attempts during a competition. (If a record is to be broken, review the rules on permitting a fourth lift or Power Lift at Level 3 Move United sanctioned competitions.)

### 2.1 Powerlifting Press (23.1)

- 2.1.1 The bar shall be placed across the lifter, on the stands, and will be horizontal.
- 2.1.2 The shoulders, buttocks, legs (fully extended where possible) and heels (if applicable) must remain on/touching the bench during the entire lift. Body Position Sequence (Turquoise) (23.1.1.1b)
- 2.1.3 The spacing of the hands shall not exceed 81 cm measured between the forefingers. (23.1.1.1e)
- 2.1.4 All the fingers of the Athlete must be wrapped firmly around the circumference of the bar with the thumbs on the opposite side of the fingers during the entire lift. (23.1.1.1d)
- 2.1.5 Any lifter is allowed to have their legs strapped to the bench for additional stability and with the choice of using one or two straps. Straps can be placed anywhere between the center of the hip joint and ankle joints, but they may not overlap. It is highly recommended

that a strap not be placed over the knees as it is not a safe practice for the athlete (23.1.1.1c, 16.9)

- 2.1.6 Strapping must be done by the athlete or the team official/coach and in either case, this can be done with the assistance of the spotter/loaders under the supervision of the Referees (16.9.2.3, 20.1.5).
- 2.1.7 Not more than four and not less than two spotters/loaders shall be in attendance. The lifter may enlist the help of the spotter/loaders in removing the bar from the racks, but the lift off must be to arm's length and not down to the chest. If assisted in removing the bar from the rack, the lifter must clearly state when he/she is ready to "take the bar", at which time the spotters will release the bar but remain prepared to take the bar back if needed. (10.4)
- 2.1.8 The bar must be lowered and raised according to the rules in order to be judged as a good lift. Each lifter will be given three attempts to lift the greatest weight. Normally, only the official spotter/loaders are allowed to help the lifter to remove the bar from the racks. A team official/coach may perform the activity of helping the athlete take the bar out of the racks, if requested and approved by the Chief Referee prior to the beginning of the competition. Once completed, the team official/coach must immediately move to the approved box. (10.4)
- 2.1.9 After receiving the bar at arm's length, the lifter shall wait with elbows locked for the Chief Referee's signal. The signal shall be given as soon as the lifter is motionless, and the bar properly positioned. (23.1.1.1g)
- 2.1.10 The signal shall consist of a downward movement with the hand and the audible command "start ". (22.1.1)
- 2.1.11 After receiving the signal, the lifter must lower the bar to the chest, the Down Sequence (Blue) (23.1.1.2) and hold it motionless on the chest. This is the Stop Sequence (Orange) (23.1.1.3) (Showing the referees that all downward movement has stopped without the bar pressing into the chest.) At National and Regional Competitions, a verbal "Press" command will be permitted for Rookie/NextGen athletes upon request and the command could then be given by either the Chief Referee or preferably a team official/coach. The athlete then presses the bar upwards with an even movement of the arms until the arms are fully extended. This is the Press Sequence (Purple) (23.1.1.4). All experienced lifters are encouraged to lift without a command. (Internationally there is no command to press the bar, however an athlete's team official/coach MAY give a verbal press command.) When held motionless in the raised position, the audible signal "rack" will be given by the Chief Referee together with a hand motion and backward movement of the arm. (23.1.1.4d, 22.2.1)
- 2.1.12 The team official/coach is allowed to assist the competitor on arrival or leaving the platform but may not touch the bar, except in cases where they get prior approval to assist in helping the athlete take the bar off the rack (10.4). During the lifts, the coach must remain within the designated team official/coach area as defined by the Jury, Referee or Technical controller in charge or in the audience (20.1.7).

## 2.2 Athlete Bench Call:

- 2.2.1 From calling the name, country/team and weight until the start signal the competitor has two (2) minutes. A second call and signal marks the last minute. (20.1.4)
- 2.2.2 If a lifter is following himself (e.g., fourth Power Lift record attempt), he shall receive three (3) minutes instead of two (2) minutes to make his next attempt (20.1.4).
- 2.2.3 The lifter or the team official/coach will be allowed one minute to indicate the next attempt to the appointed Marshall at the scoring table. The one-minute starts at the moment the lifter has left the bench, at the discretion of the Marshall. (20.2.2.1, 20.2.3.1, 27.1.3)

### 3.0 Causes for Disqualification

This is a summary of key causes for disqualification. A more complete list of reasons for disqualification can be found in the World Para Powerlifting technical rules and regulations section 23.2.

- 3.1 Failure to observe the referee's instructions/signals at the commencement or completion of the lift. (23.2.1.1h, 23.2.1.4e)
- 3.2 Failure to maintain the same body positioning throughout the entire lift, e.g. shoulders, buttocks, or feet from their original points of contact with the bench, or lateral movement of the hands on the bar. (23.2.1.1b)
- 3.3 Heaving, bouncing, or sinking of the bar after it has been motionless on the chest. (23.2.1.3b, 23.2.1.4b)
- 3.4 Any uneven extension of the arms during the lift. Note: The lifter's arms must stay extended, and the elbows lock out together; however, the bar does not need to be completely horizontal. (23.2.1.4d)
- 3.5 Any downward movement of the bar in the course of being pressed up. (23.2.1.4c)
- 3.6 Failure to press the bar to full extension with equally timed lockout of both arms and elbows at the completion of the lift (23.2.1.4d).
- 3.7 Any contact between the bar and the bar rest supports or rack during the lift, even if it is unintentional (23.2.1.4f)
- 3.8 Exceeding the allowed lifting time. (23.2.1.1.i)
- 3.9 Failure to comply with any of the requirements contained in the description of the lift, which precedes this list of disqualifications (23.2.1).
- 3.10 The use of oil, grease, or other lubricants is strictly prohibited. Powder may be used. Powder includes chalk, talc, resin, and magnesium carbonate. Any powder must be easily removable. No foreign substances are to be applied by the lifter or anyone to the equipment.

### 4.0 Referees

- 4.1 The referees shall be three in number, the Chief Referee and two side referees.
- 4.2 The Chief Referee is responsible for giving the necessary signals for all three attempts. The Chief Referee is also responsible for giving a loud and clear signal to the speaker/announcer when the bar and supports are ready (10.4, 22).
- 4.3 Verbal Signals made during the lift are as follows:
  - 4.3.1 Start: The word "Start" begins the official Lift as well as a downward motion of the hand. (22.1.1)
  - 4.3.2 Completion: A visual signal consisting of a backward movement of the arm together with the audible command "Rack" will be given. (22.2.1)
  - 4.3.3 In a Move United competition, a youth lifter (Rookie/NextGen) may request a "Press Command" to initiate the press from the chest to the extended arm position. This command may be given by either the Chief Referee or preferably their coach. The athlete must inform the Chief Referee if a press command is requested or will be done by their coach.

- 4.4 Once the bar has been replaced in the racks, the referees will announce their decisions by means of lights or flags/paddles. (23.3)
  - 4.4.1 WHITE: For a "good lift"
  - 4.4.2 RED: For a "no lift"
  - 4.4.3 Two or more white lights signify a good lift, and two or more red lights reflect a no lift.
- 4.5 The three referees may sit themselves in what they consider to be the best viewing positions around the platform. The Chief Referee shall be seated behind the head of the competitor to be able to observe the width of the grip. (10.4)
- 4.6 Before the contest, the three referees shall jointly ascertain that (10.4):
  - 4.6.1 The platform and competition equipment comply in all respects with the rules. Bars and discs are checked for weight discrepancies and defective equipment discarded.
  - 4.6.2 The scale works correctly and is accurate.
  - 4.6.3 The lifters weigh-in within the limits of weight for their bodyweight category.
  - 4.6.4 The lifter's uniform and personal equipment comply with the rules in all respects.

## 5.0 Athlete Check-In/Kit Check

- 5.1 Kit Check and determining bar height will continue to be performed in conjunction with the weigh-in, the day of the competition for all regional competitions. Competitors must bring their entire lifting uniform as well as any other equipment such as wrist straps, belts, head piece, mouth guard, or bench straps. One referee shall inspect the uniforms, belts, bandages etc., of each lifter and will record the details on the Kit Check Inspection Form. All items being worn or used by the lifter must be approved and marked accordingly. Move United will not follow the WPPO rule requiring that the Kit Check be done wearing the full uniform. The assigned official shall see that the items worn during the competition correspond exactly with the details on the Inspection Form. (17). Note: If weigh-in is done the prior day for a national competition, Kit Check will always be done the day of the competition.
- 5.2 Uniform items to be inspected at the check-in/weigh-in by the referees are: Lifting suit/pants — T-shirt — Bra (females) — Socks — shoes/sneakers or other permitted clothing. (16) Items not explicitly outlined may not be worn for safety purposes (e.g., earrings, hats, wristwatches, rings, necklaces) (16.1.2)
- 5.3 Lifters must appear in correct and tidy dress (16.1), which can consist of:
  - 5.3.1 SUIT: General Suit Requirement: A tight-fitting Lycra type material, workout pants, or track suit. The pants need to be either long or shorts that fit around the knees. (Clothing must be form fitting. Baggie pants or belts are not permitted) Optional: For WPPO / Experienced Lifters: The professional lifting apparel shall consist of a one-piece lifting suit with shoulder straps. The suit shall be made from one-ply limited stretch material, made of cotton, polyester, nylon, or a combination of each, without any additional patches or padding. The straps must be always worn over the shoulders while lifting in competition. Any sleeves cannot extend beyond the deltoid tuberosity (midpoint of the deltoid). The lifting apparel shall also be subject to the following requirements (16.2):
    - a) It may be of any color or colors
    - b) The lifting suit may bear the badge, emblem, logo and/or inscription of the lifter's nation or team's name. The lifter's name may be placed on any apparel or equipment. (Follow rules on advertisements according to Move United policy) (Appendix 4)
    - c) As an alternative the athlete may also wear a unitard underneath the lifting suit, tee shirt or shorts. The unitard may cover the elbow and/or knees and must comply with the rules on color (not black), one layer/thickness except for the hem, no zippers, buttons, collars etc., be form fitting, and be one or 2 pieces. In

addition, an athlete may wear a sleeve on each arm that follows similar rules to the unitard.

5.3.2 T-SHIRT: A plain "T-Shirt", of any color or colors, may optionally be worn under the lifting suit. The T-shirt is subject to the following conditions: Must have sleeves but not fall below the deltoid tuberosity and they may not be rolled up for competition. All shirts are to be tucked into the pants at all times. (16.3) More specifically, the shirts must:

- a) Be a one (1) layer/thickness, with the exception of the hem where 2 layers are permitted,
- b) Not be made of a ribbed material,
- c) Not consist of any rubberized or similar stretch material,
- d) Not have any pockets, buttons, zippers, collar, or a V-neck collar,
- e) Be made either exclusively of cotton, polyester, or nylon or a combination of each,
- f) Be form fitting but fit loosely enough on the lifter's body so as not to afford the lifter any physical support.

NOTE. The following are also permitted, as long as they do not violate the conditions above. Permitted: The athlete may wear the official T-Shirt of the competition that they are competing at, or the competitors team t-shirt that bears the badge, logo, and/or inscription of the lifter's team, nation, national or regional federation/ sponsor. Size Guidelines can be found in Appendix 4 of the World Para Powerlifting Rules.

5.3.3 SPORT SHOES: Lifting is not allowed without sport shoes and socks unless a doctor's statement is written and sent to the event's classifier and medical staff. (16.6)

5.3.4 BRA: No stiffening, padding or under wiring allowed. (16.7)

5.3.5 BELT- Material and Construction: The main body shall be made of leather, vinyl, or other similar non-stretch material in one or more laminations, which may be glued and/or stitched together. Competitors may wear a belt. If worn it shall be on the outside of the lifting suit. (16.10)

5.3.5.1 LIFTING BELT DIMENSIONS:

- a) Width of belt is maximum 12 cm.
- b) Thickness of belt maximum 1.3 cm along the main length.
- c) Must have a buckle with 1 or 2 prongs or a quick release system.
- d) Must have a tongue loop attached close to the buckle.

5.3.6 WRIST WRAPS: Only wraps of a one ply commercially woven elastic that is covered with polyester, cotton or a combination of both materials are permitted. Bandages of rubber or rubberized substitutes are strictly forbidden. (16.11, 16.12)

5.3.6.1 Wrist Wraps may be used as follows:

- a) Not exceeding 100 cm in length and 12 cm in width may be worn.
- b) If wristbands are a wraparound style, they may have a thumb loop and Velcro patch for securing them. The thumb loop cannot be used during the lift and needs to be tucked in the wrist strap.
- c) A wrist wrap shall not extend beyond 12 cm above and 2cm below the center of the wrist joint and shall not exceed a total covered width of 12 cm.
- d) Items such as plasters and medical tape may not be worn anywhere on the body without official permission of the Chief Referee. Plasters, bandages, or Band-Aids may not be used as aids to the lifter in holding the bar. (16.12)

5.3.7 Head Item: A head covering is now permitted. Must be a single thickness, form fitting to the head, any solid color except black (no patterns), no stiffening/wiring, does not cover the eyes, nose, or mouth, and cannot go below the neckline. (16.8)

5.3.8 Bench Straps: One (1) or two (2) bench straps may be used by the athlete for additional stability and must comply with the following (16.9):

- a) Must be of one color with no patterns, with the exception of the manufacturer design.
- b) Must have a length of 160 cm to a maximum of 220 cm and be between 7.5cm and 10cm wide.



- c) Must have a Velcro fastening and no additional padding, bracing or support or loops.
- d) May be placed anywhere between the midpoint of the hip joint and the midpoint of the ankle joint but may NOT overlap. Exceptions on the location of the strapping must be noted in the classification documents. NOTE: It is strongly recommended that the strap not be put over the knee as that is not safe for the athlete. (16.9.2.1)

5.3.9 The referees shall record each item on the official inspection sheet. A copy of the inspection sheet shall be handed to the Technical Controller or head official at the end of the inspection period.

5.3.10 If a lifter, after the referee's inspection, changes part of his uniform, belt, bandages, or wears anything which has not been authorized or which is contrary to the rules, that athlete will be required to conform to authorized equipment within the allotted lifting time. (17.1.7)

5.3.11 The use of a cushion under the knees is forbidden unless pre-approved by a classification team or the chief referee, prior to the competition.

5.4 Bar Height – Because several different brands of para benches are used, as part of the kit check process, the bar height needs to be determined and noted on the attempt card. This is usually done on the competition bench.

5.5 Medical Review – During the Weigh-In and Kit review the athlete should make the referees aware of any anatomical deformity or neurological disease that will impact their ability to fully stretch their arms during the lift or place their legs on the bench. A note from a doctor or medical therapist supporting the limitation would be helpful. In addition, they must mention this to the Chief Referee at the time of their lifts.

## 6.0 Equipment and Specifications

For more detailed information please refer to the World Para Powerlifting website.

### 6.1 Platform (Appendix 5 4.3)

The lifting competition should be carried out on a platform measuring 4.0 m x 4.0 m maximum. The surface of the platform must be flat, firm, non-slip, and level. It must not exceed 10 cm in height from the surrounding stage or floor. When Powerlifting is taking place on a stage above ground level, a ramp must be provided with a non-slip surface for easy access by wheelchairs. If possible, there should be an additional ramp for the descent from the platform in order to save time. If a true platform is not available for a Move United competition, the competition space (field of play) should be clearly marked on the floor.

### 6.2 Bar

The bar shall be a powerlifting bar that is a standard: Olympic Bar (20kilos/45lbs). The bar shall not be changed during the competition unless it is bent or damaged in some way as determined by the referees. The bar shall be straight and well knurled and grooved and shall conform to the following dimensions (Appendix 4 -4.5):

6.2.1 Total overall length not to exceed 2200 mm.

6.2.2 Distance between the collar faces is not to exceed 1320 mm or be less than 1310 mm.

6.2.3 Diameter of the bar is not to exceed 29 mm or be less than 28 mm.

6.2.4 Weight of the bar and collars are to be 25 kg.

6.2.5 Diameter of the sleeves must be 50 mm.

6.2.6 There shall be diameter machined markings, or the bar should be taped to precisely indicate a distance of 810 mm between markings or tape.

### 6.3 Collars (Appendix 4 -4.5.2.4)

- 6.3.1 Shall always be used in competition.
- 6.3.2 Must weigh 2.5 kg each and bring bar total weight to 25Kg.

#### 6.4 Weights/Discs (Appendix 4 -4.6)

- 6.4.1 The preferred scale of weight is KILOS. They are required at all Level 3 competitions. Pound weights are permitted to be used at Level 1 training meets and Level 2 competitions. Records may only be set at Level 3 competitions using Kilo weights.
- 6.4.2 On all discs, whether kilo or pound, the weight must be clearly marked. Kilo weights should also have the following identifying colors.
  - 25kg. Disc must be colored red.
  - 20kg. Disc must be colored blue.
  - 15kg. Disc must be colored yellow.
  - 10kg. Disc must be colored white.
- 6.4.3 Weights should be loaded on the bar so that a heavier disk will always be closer to the inner collar. Collars must be used to secure the weights on the bar.
- 6.4.4 Additional record-breaking discs needed are (Especially for National Level meets) 5 kg., 2.5kg., 2.0kg., 1.5kg., 1.0kg., and 0.5kg..

#### 6.5 Bench

For all competitions the bench shall be of sturdy construction and provide maximum stability and conform to the following dimensions (Appendix 4 -4.4):

- 6.5.1 Length - Shall be 2100 mm long overall and be flat and level.
- 6.5.2 Width - The main body of the bench shall be 610 mm wide, but for a distance of 705 mm from the head end, the width shall be 305 mm leaving two equal shoulders of 152.50 mm.
- 6.5.3 Height - The height shall be not less than 480 mm and not exceed 500 mm measured from the floor to the top of the padded surface of the bench without it being depressed or compacted.
- 6.5.4 Stands - The height of the uprights on both adjustable and non-adjustable benches shall be a minimum of 700 mm to a maximum of 1200 mm measured from the floor to the bar rest position. Minimum width between insides of bar rests shall be 1100 mm.

- 6.6. Lights: A system of lights shall be provided whereby the referees make known their decisions. Each referee will control a white and red light. These two colors represent "a good lift" and "no lift" respectively. The lights shall be arranged horizontally to correspond with the positions of the three referees. They must be wired in such a way that they light up together and not separately when activated by the referees. For emergency purposes, i.e., a breakdown in the electrical system or at regional level 1 or 2 competitions, the referees will be provided with small white and red flags or paddles with which to make known their decision on the lift. (23.3)

#### 6.7 Scale (Appendix 6 4.7)

- 6.7.1 The scale must allow wheelchairs to roll on or permit the lifter to safely transfer to a chair (23.1).
- 6.7.2 The scale should be capable of weighing up to 200kgs (440lbs.) measuring to at least one (1) decimal point (0.1).
- 6.7.3 Level 2 competitions can be measured in Pounds or Kilo's but Level 3 competitions must be in Kilo's. For a Level 3 competition the scale should be electronic and be a minimum of 850mm (34in.) square and a maximum of 1m (39in.) square.

## 7.0 Categories of Weight Classes

- 7.1 **Bodyweight categories - WOMEN: (Rookie, NextGen, Elite and Legend classes)** (10.3.1)

<b>Class</b>	<b>Includes</b>
Up to 41kg class	up to 41.0 kg
45 kg class	41.1 kg to 45.0 kg
50 kg class	45.1 kg to 50.0 kg
55 kg class	50.1 kg to 55.0 kg
61 kg class	55.1 kg to 61.0 kg
67 kg class	61.1kg to 67.0 kg
73 kg class	67.1kg to 73.0 kg
79 kg class	73.1kg to 79.0 kg
86 kg class	79.1kg to 86.0 kg
Over 86 kg class	86.1 kg and over

## 7.2 Bodyweight categories - MEN: (Rookie, NextGen, Elite and Legend classes) (10.3.1)

<b>Class</b>	<b>Includes</b>	<b>Junior Changes</b>
41kg class	up to 41.0 kg.	(Rookie/NextGen Only)
45 kg class	41.1 kg to 45.0 kg	(Rookie/NextGen Only)
49 kg class	45.1 to 49.0 kg	(Rookie/NextGen Only)
	up to 49.0 kg	(Elite/Legend)
54 kg class	49.1 kg to 54.0 kg	
59 kg class	54.1 kg to 59.0 kg	
65 kg class	59.1 kg to 65.0 kg	
72 kg class	65.1 kg to 72.0 kg	
80 kg class	72.1 kg to 80.0 kg	
88 kg class	80.1 kg to 88.0 kg	
97 kg class	88.1 kg to 97.0 kg	
107 kg class	97.1 kg to 107.0 kg	
Over 107 kg	Over 107.0 kg	

7.3 Amputee lifters are weighed in without any prosthetic or supportive devices. There are no longer any weight add-ons for leg length deficiencies (15.1.9).

7.4 Before each competition, a Technical Meeting (Teams Meeting Definitions page) shall be held to confirm the final list of competitors. After the athlete is officially weighed and registered, they cannot change their weight category. During any competition, an athlete cannot compete in more than one weight category or age grouping.

## 8.0 Weighing In

8.1 The weigh-in is the official process to verify the athlete's final bodyweight to confirm their competition bodyweight class. (15.1.1)

8.2 Weigh-in can occur up to one day (24 hours) prior to the competition according to WPPPO rules and regulations (15.1.3). Move United regional competitions will continue to do weigh-in the same day of the competition in conjunction with the Kit Check and determining bar height. If the same day, it will generally be scheduled 2 hours prior to the competition start so that weigh-in is completed 30 minutes prior to the competition. The time period can be reduced to as little as 20 minutes (4 min. avg/lifter) if there are only a few lifters. (15.2.1). At the Move United Nationals, weigh-in may be done the prior evening, no more than 24 hours in advance. If done so, those lifters may be randomly selected to weigh-in again on the day of competition.

8.3 Scales for weigh-in should permit an athlete to roll onto the scale or safely transfer to a chair on the scale. Level 2 competitions can weigh in using a pound or Kilo scale. Level 3 competitions must use a Kilo scale. Scales must be accurate up to 200kgs (440lbs). and measure to at least

one (1) decimal place (0.1). A Referee or Technical Official will control the scale. (10.4, 15.1.2, App 5 4.7.1.2)

- 8.4 The weigh-in will be carried out in a private room with the athlete, one team official/coach (Rookies MUST have a team official/coach with them, for other classes it is preferable but optional), and two (2) appointed technical officials/referees, preferably of the same gender. Note: New lifters or those with cognitive or intellectual disabilities may request to have one parent/aide join their coach at weigh-in. At National and Regional competitions, athletes can remove clothing down to their underwear, or a swimming suit, in order to make a specific weight class. Each competitor will be weighed once. Only those competitors who are under or over the limits of their class may request to return to the scales if the weight is close and they feel they can make a change prior to competition. All those seeking to reach a lower weight class may be re-weighed as often as time permits but it must be completed by the end of the weigh-in session. (15.1.2, 15.1.7, 15.1.9.1) Note: There are no longer add-ons for athletes with leg length deficiencies or amputations.
- 8.5 When two (2) lifters register the same weight at the weigh-in preceding a competition and they achieve the same weight lifted during the competition, a tie will be determined by the athlete that lifted the best lift first (28.1.3).
- 8.6 At the completion of their weigh-in, each lifter must specify their first attempt (15.1.6).

## 9.0 Rules of Competition

- 9.1 **For the Safety of all Athletes**, All Move United Powerlifting competitions MUST have a minimum of 2 Spotters (preferably 3-4) per bench, in position and spotting whenever a lifter is on the bench (competition or warm-up) and has the bar/weights off the rack. (10.4)
- 9.2 The warmup area will open for practice as early as possible before competition, at minimum 30 minutes prior to competition if only a few lifters (3-5) and at the same time as weigh-in begins for a larger competition. All coaches and lifters must respect each other and allow equal access to the bench(es) to warm up. In a larger meet with more than one group lifting, lifters in the first group should be given preference in warming up first. (18.2)
- 9.3 When several lifters declare their first attempt at the same weight, they shall lift in the order determined by the drawing of lots (13.1). The lifter with the higher lot number must lift first. In a regional or local competition where different weight classes lift at the same time, the lower weight class will lift first.
- 9.4 For Move United regional competitions, the barbell must always be a multiple of 2.5lb or 1kg. After a successful attempt, the minimum increase is 1kg. or 2.5lbs. At the National competition, the minimum increase can be 1kg (20.1.3). Record attempts must increase by 1kg (26.1.3).
- 9.5 The weight announced by the announcer should be displayed on an easily visible scoreboard.
- 9.6 From calling the name, country, and weight, until the beginning of the attempt, the lifter has two (2) minutes. A second call is made after the first minute. If a lifter is following himself, he shall receive three (3) minutes to make his next attempt. Calls will be made after the first and second minute. The competitor's name shall not be called until the Chief Referee indicates to the announcer that the bar is loaded. The clock will not be started until the bar is properly loaded and the bar height set at the requested height. The bar will be placed across the centers of the stands. The clock will stop when the lifter starts a deliberate attempt to lift the bar. Upon starting the clock after the lifter has been officially announced, the lifter is committed to the attempt. (20.1.4).

- 9.7 Should the athlete or team official/coach believe there was an error on the Field of Play (wrong weight on bar, wrong bar height etc.) it must be brought to the attention of the Chief Referee immediately prior to the lift or before the athlete leaves the Field of Play. (25.1.2, 25.1.3)
- 9.8 A lifter shall have one (1) minute at the completion of his attempt and leaving the bench to submit his subsequent attempt to the Marshall at the scoring table (20.2.2.1, 20.2.3.1, 27.1.3). Failure to submit a next attempt within the allocated time will result in the automatic submission of the same weight in the case of a No Lift or, If a Good Lift, an increase of 1 kg (2.5lbs.) at a regional competition or 1kg at a national competition.
- 9.9 During any competition organized under Move United or World Para Powerlifting rules, no one but members of the jury, the officiating referees, loaders, the team officials, and the lifters engaged in the category being contested shall be allowed in the competition Field of Play (FOP). Only one team official/coach per competitor is allowed to support a lifter on the FOP/scoring table during the entire lifting competition. That team official/coach must be declared during weigh-in. The team official/coach must move to a coach's box during the actual lift attempt. (20.1.5) The team official/coach wishing to lift off the bar for their athlete must be approved by the Chief Referee prior to the start of the competition. At National competitions, all coaches supporting lifters must be registered for the event to be permitted access to weigh-in, kit check and the field of play.
- 9.10 The Chief Referee shall make the decision in the case of an error in the loading of the bar or an incorrect announcement by the speaker. (25.1.2.2, 25.1.3.2)
- 9.11 In Move United competitions, a competitor or team official/coach may make a complaint regarding the competition, at any time, on any matter, to the jury or Chief Referee. The written/verbal complaint must be accompanied by a fee of fifty dollars (\$50.00) and must cite a specific rule being contested. Should the complaint be found frivolous and not in the best interest of the competition, then the whole or a part of the complaint fee can be confiscated into the Move United Treasury at the discretion of the jury. Lift Challenges may only be submitted if there is a jury.

## 10.0 Results

- 10.1 Best Lift: The final result of each athlete will be calculated by the heaviest "Good Lift" lift attempt weight completed during the Event within the three (3) attempts and also the Power Lift ("best lift"), ranked in descending order (e.g., heaviest "best lift" is the first (1<sup>st</sup>) ranking). (28.1.1)
- 10.2 Total Lift: The final result of each athlete will be calculated by the sum of "Good Lift" attempts completed during the Event within the three (3) attempts, ranked in descending order (e.g., heaviest "total lift" is the first (1<sup>st</sup>) ranking). (28.1.2)
- 10.3 Tie Break (Best Lift): If two (2) or more athletes in a gender/weight class have the same "Best Lift" result, the athlete that completed the Best Lift first will determine the final rank/result (28.1.3).
- 10.4 Tie Break (Total Lift): If two (2) or more athletes in a gender/weight class have the same total lift result, the athlete who completed the total first(1<sup>st</sup>) will determine the final rank/result (28.1.6)

## 11.0 National Records

- 11.1 Setting a Move United National Record, a lifter must perform his/her lift during a Move United Level 3 Sanctioned competition. All three officials are to be approved by the Move United Competition Committee. Note: In 2023, the U23 records became the Elite records. A new grouping of records was established for the Legends age group.
- 11.2 When two (2) lifters break the same record during the course of the competition, the lifter who first was successful with the new weight shall be the record holder. A record will only be valid if it exceeds the previous record by at least 1kg.
- 11.3 The Power Lift (4<sup>th</sup> attempt)
  - 11.3.1 Power Lift is an additional attempt available to athletes to achieve a record, following their third attempt. (27). Move United does all powerlifts after all regular competition lifts have been completed. This lift will impact the official results of the competition for Best Lift only.
  - 11.3.2 The powerlift attempt is only permitted if the following prerequisites are met:
    - 11.3.2.1 The third attempt must be successful.
    - 11.3.2.2 The 3<sup>rd</sup> lift was within 10kg of breaking an established record or broke an established record. (A Power Lift is not permitted if the record is only being established for the first time.)
- 11.4 The conditions to be fulfilled for registration of a Move United National Record are as follows:
  - 11.4.1 New National Records can only be achieved at Move United Level 3 sanctioned meets, must be claimed within one (1) week of the competition, and must be on the proper application form.
  - 11.4.2 The application must be signed by the Chief Referee and the two other certified referees.
  - 11.4.3 One copy must be sent electronically to the Competition Department at Move United and the original should be sent to the records official whose address is noted on the record application
  - 11.4.4 A new Move United National Record will only be valid if it exceeds the previous record by at least one (1)kg.
  - 11.4.5 Records are published on the Powerlifting section of the Move United website.
  - 11.4.6 World records should follow the World Para Powerlifting Technical Rules and Regulations section 26.

## 12.0 Qualifying Standards

- 12.1 The Move United Competition Committee establishes the qualifying standards for all National competitions sanctioned by Move United.
- 12.2 National Qualifying Standards: Legend, and Elite (including U23) Male and Female standard to compete is a successful lift raising 25Kg (20kg bar and two 2.5 kg collars or equivalent 55lbs.) (20.2.1.1). Rookie and Next Gen Male and Female competitors must lift a 20kg bar or equivalent 45lbs.
- 12.3 These standards may change annually after a review by the Competition Committee.
- 12.4 The competitors may only be entered in the body weight categories for which they have obtained the qualifying standards.



## 13.0 Age Groups

- 13.1 Competitors become eligible to compete in this sport on the day of their 14th birthday unless competing on an international level. (Must be 15. See World Para Powerlifting ruling 11.1.1). Junior athletes now compete in two age groups. Rookies are ages 14-17 and Next Gen are ages 18-20. Adults and athletes that would be included in the previous U23 age groups will now compete in an age group called “Elite” (ages 21-44). A new age group, “Legends”, for ages 45+, has been added. The age is based on your age as of December 31<sup>st</sup> of the year of the competition. (11.1/ 11.2)

Note: If participation is limited in the Elite and Legend age groups, Move United may choose to combine those lifters into one group.

<b>Rookies</b>	14-17
<b>NextGen</b>	18-20
<b>Elite</b>	21+
<b>Legends</b>	45+

- 13.2 All age groups have from August 1 until the Move United Nationals registration deadline to meet the qualifying standards.
- 13.3 All lifters will follow the rules and regulations set forth by the World Para Powerlifting Technical Rules and Regulations and this Move United rulebook for Powerlifting. All age groups will use the same weight classes as the adults with the addition of two lower weight classes for Rookie and NextGen males (Up to 41kg, 41.01 to 45kg).
- 13.4 At regional competitions offering powerlifting: Qualifying for Rookies and Next Gen athletes shall be a successful lift of a 20Kg Olympic bar (or equivalent 45lbs.). Elite and Legend athletes must be able to lift 25kg. (20Kg Olympic bar plus 2 2.5kg collars or equivalent 55lbs.). All qualifying lifts must be done at any sanctioned Level 2 or 3 Move United competition or any competition sanctioned by any DSO or able-bodied federation (There must be a Proof of Performance letter from the organizer/referee that the lift was accomplished with a copy of their rules and published results as well as video when available). (20.2.1.1).
- 13.5 All athletes may only set Move United National Records at a Move United sanctioned Level 3 competition that uses Kilo weights and shall be applied for using the form in Appendix 2.
- 13.6 At the Move United Nationals, all first-year competitors and/or their team officials/coaches must attend the coaches meeting prior to the competition.
- 13.7 At the Move United Nationals, the Powerlifting Press is the only lifting event.

## 14.0 Anti-Doping

- 14.1 Move United Para Powerlifting follows the IPC Anti-Doping Code (located on the IPC website,) which applies to all IPC Games, IPC Competitions, and World Para Powerlifting sanctioned competitions as well as Move United sanctioned Powerlifting competitions. (4.0)

## 15.0 Move United Powerlifting Sanctioning

Requirements	Level 1	Level 2	Level 3
All WPPO rules and those adapted in the MoveUnited Rules must be followed including age groups, weight classes, officials, spotters etc.		X	X
A bench subject to World Para Powerlifting (WPPO) specifications is required. You can use equipment to modify the bench to conform to these specifications.	X		
A WPPO-approved bench manufactured by Eleiko or Eagle Sportschairs must be utilized for the competition.		X	X
Warm up bench requirements- modified benches can be used for Level 1 or Level 2.	Optional	1 bench – if 10+ lifters	1 bench minimum
Weights used may be pounds or kilograms	X	X	
Weights used must be in kilograms include kg record breaking weights			X
Scale may measure in pounds or kilograms	X	X	
Scale must measure in kilograms to one (1) decimal point. (0.1)			X
Equipment such as a stopwatch for timing, straps, and an official's lift indicators are to be used ("lift" or "no lift").	X	X	X
20kg or 45lb Olympic bar must be used	X	X	
20kg Eleiko WPPO certified bar must be used			X
One (1) referee per bench, minimum, is required	X		
Three (3) seated referees per bench required. Chief referee and one (1) side official must be certified and approved by the Move United Competition Committee. An experienced lifter or coach *may* serve as the third referee only if a third certified referee is not available.		X	
Three (3) seated certified referees per bench are required. All referees must be approved by the Move United Competition Committee.			X
All Move United Powerlifting competitions MUST have a minimum of 2 Spotters (preferably 3-4) per bench, in position and spotting whenever a lifter is on the competition or warm-up bench(es) and has the bar/weights off the rack.	X	X	X
The Move United Competition Director must be notified of any changes to approved officials or equipment prior to the competition so sanctioning can be reviewed and reapproved.		X	X
Competition results may be used to qualify for Nationals. Full competition results must be submitted that include bodyweight, weight class, age group, and detail on all attempts with notations whether it was a good lift or no lift. If a lifter does not have a Para Powerlifting eligible disability (listed in Section 1.0 of the Move United Para Powerlifting rule book), notate this in the Athlete Classification column of the results template. Results must be submitted to Move United within one week of the competition.		X	X
The chief referee (minimum) should be SafeSport certified and in good standing with their certification organization (i.e.: WPPO, US Para Powerlifting, etc.).		X	X

Level 1 – Training Meet (ex: Introduction to the sport) Not a qualifying competition for Nationals.

Level 2 – A more serious event that should attract Adult & Junior competitors.



Level 3 – This event will attract top-level competitive athletes, as well as emerging elite athletes.

## Appendix 1 Kilo to Pounds Conversion Chart

To convert kilos to pounds, multiply by 2.2046

Kilo	Pound	Kilo	Pound	Kilo	Pound	Kilo	Pound	Kilo	Pound
20	44.1	61	134.5	102	224.9	143	315.3	184	405.6
21	46.3	62	136.7	103	227.1	144	317.5	185	407.9
22	48.5	63	138.9	104	229.3	145	319.7	186	410.1
23	50.7	64	141.1	105	231.5	146	321.9	187	412.3
24	52.9	65	143.3	106	233.7	147	324.1	188	414.5
25	55.1	66	145.5	107	235.9	148	326.3	189	416.7
26	57.3	67	147.7	108	238.1	149	328.5	190	418.9
27	59.5	68	149.9	109	240.3	150	330.7	191	421.1
28	61.7	69	152.1	110	242.5	151	332.9	192	423.3
29	63.9	70	154.3	111	244.7	152	335.1	193	425.5
30	66.1	71	156.5	112	246.9	153	337.3	194	427.7
31	68.3	72	158.7	113	249.1	154	339.5	195	429.9
32	70.5	73	160.9	114	251.3	155	341.7	196	432.1
33	72.8	74	163.1	115	253.5	156	343.9	197	434.3
34	75.0	75	165.3	116	255.7	157	346.1	198	436.5
35	77.2	76	167.5	117	257.9	158	348.3	199	438.7
36	79.4	77	169.8	118	260.1	159	350.5	200	440.9
37	81.6	78	172.0	119	262.3	160	352.7	201	443.1
38	83.8	79	174.2	120	264.6	161	354.9	202	445.3
39	86.0	80	176.4	121	266.8	162	357.1	203	447.5
40	88.2	81	178.6	122	269.0	163	359.3	204	449.7
41	90.4	82	180.8	123	271.2	164	361.6	205	451.9
42	92.6	83	183.0	124	273.4	165	363.8	206	454.1
43	94.8	84	185.2	125	275.6	166	366.0	207	456.4
44	97.0	85	187.4	126	277.8	167	368.2	208	458.6
45	99.2	86	189.6	127	280.0	168	370.4	209	460.8
46	101.4	87	191.8	128	282.2	169	372.6	210	463.0
47	103.6	88	194.0	129	284.4	170	374.8	211	465.2
48	105.8	89	196.2	130	286.6	171	377.0	212	467.4
49	108.0	90	198.4	131	288.8	172	379.2	213	469.6
50	110.2	91	200.6	132	291.0	173	381.4	214	471.8
51	112.4	92	202.8	133	293.2	174	383.6	215	474.0
52	114.6	93	205.0	134	295.4	175	385.8	216	476.2
53	116.8	94	207.2	135	297.6	176	388.0	217	478.4
54	119.0	95	209.4	136	299.8	177	390.2	218	480.6
55	121.3	96	211.6	137	302.0	178	392.4	219	482.8
56	123.5	97	213.8	138	304.2	179	394.6	220	485.0
57	125.7	98	216.1	139	306.4	180	396.8	221	487.2
58	127.9	99	218.3	140	308.6	181	399.0	222	489.4
59	130.1	100	220.5	141	310.8	182	401.2	223	491.6
60	132.3	101	222.7	142	313.1	183	403.4	224	493.8

## Appendix 2 Move United Powerlifting Record Application Form

In accordance with Move United rules, this form must be signed by the three referees.  
We, the undersigned referees, have witnessed the correct performance of the above feat, and have checked the weight of the bar/weights and lifter as required by the rules of Move United. Records can only be set at a sanctioned Level 3 competition.

Event Name: \_\_\_\_\_

Date of Competition: \_\_\_\_\_

Address of Competition: \_\_\_\_\_

Meet Director's Name: \_\_\_\_\_

Athlete's Name: \_\_\_\_\_

Gender: M\_\_\_F\_\_\_

Move United Membership Number: \_\_\_\_\_

Full Date of Birth (mm/dd/yyyy)\_\_\_\_\_ Age Group R NG E L\_\_\_\_\_

US Citizen? YES / NO (Circle One)

Competition Body Weight in\_\_\_\_\_Kg

Weight Class \_\_\_\_\_

**Best Lift Record**\_\_\_\_\_ **in Kg**    **Total Lift Record**\_\_\_\_\_ **in Kg**

CHIEF REFEREE (Print): \_\_\_\_\_

CHIEF REFEREE (Signature): \_\_\_\_\_

PHONE/CONTACT: \_\_\_\_\_

2<sup>nd</sup> Referee (Print)\_\_\_\_\_ Sign\_\_\_\_\_

3<sup>rd</sup> Referee (Print)\_\_\_\_\_ Sign\_\_\_\_\_

Submit all record forms within 2 weeks of the completion of your event to:

Paul Kolterjahn, Move United Competition Committee

[pkolterjahn@gmail.com](mailto:pkolterjahn@gmail.com)

1741 Raub Lane, Phillipsburg, NJ 08865