



PARA POWERLIFTING

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PARA POWERLIFTING



COMPETITION MANAGEMENT

→ World Para Powerlifting

- International Federation Delegate: Sandra Faul
- Technical Delegate: Zita Gyerko

→ Paris 2024 competition management

- Para Powerlifting Manager: Jacqueline White

KEY DATES

2024

22 JANUARY 2024

Opening of the accreditation system for NPCs (athletes and officials)

3 MAY 2024

Closing of the accreditation system for NPCs (athletes and officials)

1 JULY 2024

Opening of the Sport Entries system (SEQ)

5 AUGUST 2024

Closing of the Sport Entries system (23 h 59 Central European Summer Time)

WEDNESDAY 21 AUGUST 2024

Opening of the Paralympic Village

28 AUGUST 2024 Opening Ceremony

21 AUGUST TO 7 SEPTEMBER 2024

Para powerlifting training

4 TO 8 SEPTEMBER 2024

Para powerlifting competition

8 SEPTEMBER 2024 Closing Ceremony

10 SEPTEMBER 2024

Closing of the Paralympic Village



PARA POWERLIFTING COMPETITION

The Para powerlifting competition at the Paris 2024 Paralympic Games will be held from Wednesday 4 September to Sunday 8 September 2024 at Porte de La Chapelle Arena. This competition will consist of the following twenty (20) events (bodyweight categories):

→ Medal Events

Total number of medal events: 20

MEN (10)	WOMEN (10)
→ Up to 49kg	→ Up to 41kg
→ Up to 54kg	→ Up to 45kg
→ Up to 59kg	→ Up to 50kg
→ Up to 65kg	→ Up to 55kg
→ Up to 72kg	→ Up to 61kg
→ Up to 80kg	→ Up to 67kg
→ Up to 88kg	→ Up to 73kg
→ Up to 97kg	→ Up to 79kg
→ Up to 107kg	→ Up to 86kg
→ Over 107kg	→ Over 86kg

A total of 180 athletes, comprised of 80 men and 80 women, plus 20 Bipartite Commission places, may take part in the Para powerlifting competition. For details of the qualification system, see [the IPC website](#).

COMPETITION FORMAT

Each event (corresponding to a bodyweight category) will consist of a single competition phase (final). Each athlete will have three (3) attempts to record their heaviest successful lift.

There will be three (3) distinct rounds during which athletes will complete their attempts. The order the athletes make their lift attempts in for each round will be determined firstly by the chosen weight (from the lowest lift weight to the highest) then, if the chosen weight is the same, by lot number allocation (from highest to lowest). Once their name has been called, each athlete will have two (2) minutes per attempt to start their lift.

If an athlete's lift is successful, then the lifting weight for the next round must be raised by a minimum of one (1) kilogram. If an athlete's lift is unsuccessful, then the lifting weight will automatically remain the same, but may be raised by the athlete or their coach/team official. All attempts, including record attempts, must be in multiples of one (1) kg.

An athlete is allowed to make changes to the weight of their requested lift attempt depending on the round:

- Up to five (5) minutes before the first round, one (1) change up to a maximum of 10kg will be allowed above or below the confirmed attempt weight during weigh-in. The initial attempt (before or after a change) must be a minimum of 25kg.

After the referees' decision of the first attempt, the athlete will have one (1) minute to select a different weight for round two.

- After the referees' decision of the second attempt, the athlete will have one (1) minute to select a different weight for round three.

- In round three, two (2) other changes are allowed. The first change is allowed until it is announced that the bar is loaded for the athlete. This change must be higher than the starting weight for round two and cannot be lower or equal to an attempt (successful or unsuccessful) by another athlete that the athlete would have already preceded due to the lot number allocation. The second change is allowed under the same conditions as the first.

If an athlete's third attempt is successful and the weight lifted is within 10kg of the current elite world record or Paralympic record, a Power Lift (fourth attempt) will be allowed. If the Power Lift is successful, it shall count towards the final result and the medal ranking.

Judging

As the athletes attempt their lifts, they are judged by three (3) referees based on set criteria of the distinct lift phases:

- body position sequence
- down sequence



→ stop sequence

→ press sequence

Each referee has a terminal with five (5) buttons: white for Good lift and four (4) colours for the No lift sequences (turquoise, blue, orange, purple). These four (4) buttons are pressed if the referee sees that the athlete failed to execute the lift correctly, whereas the white button is pressed when the lift is considered good.

An athlete must receive a minimum of two (2) white lights for the lift to be considered good.

At competitions where the Lift Video Replay System (Lift VRS) is used, lift challenges may be lodged when a “No lift” is given. The lift challenge process must be initiated by the athlete and/or Team official within one (1) minute of their lift decision displaying on the attempt board. Each jury member will judge the lift in real time through the LiftVRS from one (1) angle of the lift that matches a referee position and will provide a decision.

Only when a lift challenge is initiated, jury member 1 (J1) will immediately check all the decisions that were made by each member of the jury (J1, J2 and J3). This will occur without any need to suspend the event, and the outcome of the challenge will be automatically displayed on the board, resulting in one of the outcomes below. If the lift challenge is successful and three (3) white lights appear, the lift decision is overturned to “Good Lift” and the result and rankings are revised. In case of one (1) or more red light, the lift decision remains as “No Lift”.

→ Scoring and results

The athletes in each event (bodyweight category) are ranked according to their heaviest weight successfully lifted out of the three (3) attempts and the Power Lift. If there is a tie, the athlete that completed their good lift first will be ranked higher.

→ Kit check verification

Each athlete’s uniform and personal equipment are verified ahead of their warm-up starting time at the kit check process. This ensures their items are verified in accordance with the Technical Rules and Regulations. This process takes place at each athlete’s bench in the warm-up area at the competition venue. If an athlete does not present at the kit check in the scheduled time and/or with a form of identification, they shall be disqualified from the event. An athlete’s uniform and personal equipment can include:

- lifting suit
- t-shirt
- underpants
- sport shoes
- socks
- sport bra
- head item
- belt
- bench straps
- wrist straps
- plasters and medical tape
- mouthguard

→ Weigh-ins

The official weigh-ins will be conducted by WPPPO Technical Officials at the Paralympic Village the day before competition for each bodyweight category. Athletes will have access to the test scales before the official weigh-in. The scales will be located near the official weigh-in room.

If an athlete does not present at the weigh-in in the scheduled time and/or with a form of identification, they shall be disqualified from the event.

Random weigh-ins may be conducted on the morning of the day of competition for each bodyweight category. If an athlete fails to weigh within the specified percentage of their bodyweight category (published in advance), they shall be disqualified from the event.



Scales will also be available at the Para powerlifting training studio and in the gym at the Paralympic Village.

DATE	WEIGHT CATEGORIES	WEIGH-IN TIMES
3 September 2024 Official weigh-in	Women's up to 41kg Men's up to 49kg Women's up to 45kg Men's up to 54kg	08:30 – 09:10 08:30 – 09:10 09:15 – 09:55 09:15 – 09:55
4 September 2024 Random weigh-in	Women's up to 41kg Men's up to 49kg Women's up to 45kg Men's up to 54kg	08:00 – 08:24
4 September 2024 Official weigh-in	Women's up to 50kg Men's up to 59kg Women's up to 55kg Men's up to 65kg	08:30 – 09:10 08:30 – 09:10 09:15 – 09:55 09:15 – 09:55
5 September 2024 Random weigh-in	Women's up to 50kg Men's up to 59kg Women's up to 55kg Men's up to 65kg	08:00 – 08:24
5 September 2024 Official weigh-in	Women's up to 61kg Men's up to 72kg Women's up to 67kg Men's up to 80kg	08:30 – 09:10 08:30 – 09:10 09:15 – 09:55 09:15 – 09:55
6 September 2024 Random weigh-in	Women's up to 61kg Men's up to 72kg Women's up to 67kg Men's up to 80kg	08:00 – 08:24

DATE	WEIGHT CATEGORIES	WEIGH-IN TIMES
6 September 2024 Official weigh-in	Women's up to 73kg Men's up to 88kg Women's up to 79kg Men's up to 97kg	08:30 – 09:10 08:30 – 09:10 09:15 – 09:55 09:15 – 09:55
7 September 2024 Random weigh-in	Women's up to 73kg Men's up to 88kg Women's up to 79kg Men's up to 97kg	08:00 – 08:24
7 September 2024 Official weigh-in	Women's up to 86kg Men's up to 107kg Women's over 86kg Men's over 107kg	08:30 – 09:10 08:30 – 09:10 09:15 – 09:55 09:15 – 09:55
8 September 2024 Random weigh-in	Women's up to 86kg Men's up to 107kg	07:30 – 07:42 07:30 – 07:42



→ Competing Athletes Lounge Area

Competing athletes in Para powerlifting and their accompanying Team Officials (maximum two [2] Team Officials per NPC) may be served a hot meal in the Athletes' Lounge at the venue (Athlete Venue Meals, AVMs) without booking. Only competing athletes and Team Officials with a Warm-Up Pass for the relevant session will be able to access the Athletes' Lounge and the hot meal.

RULES

The Para powerlifting competition will be held in accordance with the editions of the following documents that are in force at the time of the Games:

- **World Para Powerlifting Rules and Regulations**
(<https://www.paralympic.org/powerlifting/rules>)
- **IPC Handbook** (<https://www.paralympic.org/ipc-handbook>)

In accordance with the “Paralympic Games” chapter of the IPC Handbook, WPPO will be responsible for the control and direction of the Para powerlifting competition at the Paris 2024 Paralympic Games.

→ Clothing and equipment

Clothing and equipment used by athletes and other participants in the Para powerlifting competition at the Paralympic Games must comply with the documents listed below:

- **World Para Powerlifting Rules and Regulations**
(<https://www.paralympic.org/powerlifting/rules>).
- **IPC Practical Guidelines** (available on the website
<https://www.paralympic.org/paris-2024/guides-and-policies>).



COMPETITION SCHEDULE

SESSION	TIME	DURATION	EVENTS
Wednesday 4 September 2024 – Porte de La Chapelle Arena			
PWL01	12:00 – 15:00	3:00	Men's up to 49kg Men's up to 49kg Victory Ceremony Women's up to 41kg Women's up to 41kg Victory Ceremony
PWL02	17:00 – 20:00	3:00	Women's up to 45kg Women's up to 45kg Victory Ceremony Men's up to 54kg Men's up to 54kg Victory Ceremony
Thursday 5 September 2024 – Porte de la Chapelle Arena			
PWL03	12:00 – 15:00	3:00	Women's up to 50kg Women's up to 50kg Victory Ceremony Men's up to 59kg Men's up to 59kg Victory Ceremony
PWL04	17:00 – 20:00	3:00	Women's up to 55kg Women's up to 55kg Victory Ceremony Men's up to 65kg Men's up to 65kg Victory Ceremony



SESSION	TIME	DURATION	EVENTS
Friday 6 September 2024 – Porte de La Chapelle Arena			
PWL05	12:00 – 15:00	3:00	Men's up to 72kg Men's up to 72kg Victory Ceremony Women's up to 61kg Women's up to 61kg Victory Ceremony
PWL06	17:00 – 20:00	3:00	Women's up to 67kg Women's up to 67kg Victory Ceremony Men's up to 80kg Men's up to 80kg Victory Ceremony
Saturday 7 September 2024 – Porte de La Chapelle Arena			
PWL07	12:00 – 15:00	3:00	Women's up to 73kg Women's up to 73kg Victory Ceremony Men's up to 88kg Men's up to 88kg Victory Ceremony
PWL08	17:00 – 20:00	3:00	Women's up to 79kg Women's up to 79kg Victory Ceremony Men's up to 97kg Men's up to 97kg Victory Ceremony



SESSION	TIME	DURATION	EVENTS
Sunday 8 September 2024 – Porte de La Chapelle Arena			
PWL09	09:00 – 12:00	3:00	Men's up to 107kg Men's up to 107kg Victory Ceremony Women's up to 86kg Women's up to 86kg Victory Ceremony
PWL10	14:00 – 17:00	3:00	Women's over 86kg Women's over 86kg Victory Ceremony Men's over 107kg Men's over 107kg Victory Ceremony

COMPETITION VENUE

→ Porte de La Chapelle Arena (CPL)

58 boulevard Ney - 75018 Paris - France

An eco-designed venue thought out for a legacy to benefit neighbouring communities well beyond the Games, Porte de La Chapelle Arena will be a new cultural hub to the north of Paris, hosting a range of cultural and sporting events each day. This new facility is designed to be open to all, especially to people living nearby, and to offer a variety of sports activities in its complementary spaces. Its construction shall be completed in

January 2024. The venue will be located nine kilometres from the Olympic and Paralympic Village. With a gross capacity of over 7,000, the Arena will host the badminton and rhythmic gymnastics competitions as well as the Para badminton and Para powerlifting events during the Paris 2024 Olympic and Paralympic Games.



→ Field of play

The field of play for the Para powerlifting competition at Porte de la Chapelle Arena will contain one (1) competition platform and one (1) set of Para powerlifting weights and bench. The field of play and all equipment will be presented in accordance with WPPO rules.

→ Facilities

Facilities at the competition venue will include:

- changing rooms and showers (separate men's/women's)
- lounges for athletes and officials
- catering services
- Internet access in designated areas
- mixed zone for accredited media to interview athletes after their competition
- sport information desk
- medical facilities
- doping control station

TRAINING VENUE

Training for the Para powerlifting competition will take place at the Paralympic Village, in Studio 4.

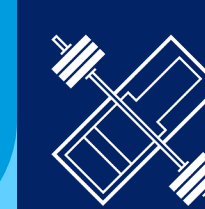
Para powerlifting training facilities at the Paralympic Village will include 27 sets of Para powerlifting weights and benches. All training equipment must be approved by WPPO and will comply with the IPC Practical Guidelines.

VENUE NAME	ADDRESS	OPENING DATES
Studio 4	Paralympic Village	21/08 to 07/09

Training slots will be pre-allocated by Paris 2024 on a rota basis. Each NPC will be allocated one slot per day.

The training schedule below is correct as at 21 February 2024 but is subject to change.

TIME	NPC GROUP*	LOCATION
Wednesday 21 August		
Training in afternoon/evening only. Schedule TBC.		
Thursday 22 August		
08:30 – 10:30	Group 1	Studio 4
10:45 – 12:45	Group 2	Studio 4
13:00 – 15:00	Group 3	Studio 4
15:15 – 17:15	Group 4	Studio 4
17:30 – 19:30	Group 5	Studio 4
19:45 – 21:45	Group 6	Studio 4
Friday 23 August		
08:30 – 10:30	Group 2	Studio 4
10:45 – 12:45	Group 3	Studio 4



TIME	NPC GROUP*	LOCATION
13:00 – 15:00	Group 4	Studio 4
15:15 – 17:15	Group 5	Studio 4
17:30 – 19:30	Group 6	Studio 4
19:45 – 21:45	Group 1	Studio 4
Saturday 24 August		
08:30 – 10:30	Group 3	Studio 4
10:45 – 12:45	Group 4	Studio 4
13:00 – 15:00	Group 5	Studio 4
15:15 – 17:15	Group 6	Studio 4
17:30 – 19:30	Group 1	Studio 4
19:45 – 21:45	Group 2	Studio 4
Sunday 25 August		
08:30 – 10:30	Group 4	Studio 4
10:45 – 12:45	Group 5	Studio 4
13:00 – 15:00	Group 6	Studio 4
15:15 – 17:15	Group 1	Studio 4
17:30 – 19:30	Group 2	Studio 4
19:45 – 21:45	Group 3	Studio 4

TIME	NPC GROUP*	LOCATION
Monday 26 August		
08:30 – 10:30	Group 5	Studio 4
10:45 – 12:45	Group 6	Studio 4
13:00 – 15:00	Group 1	Studio 4
15:15 – 17:15	Group 2	Studio 4
17:30 – 19:30	Group 3	Studio 4
19:45 – 21:45	Group 4	Studio 4
Tuesday 27 August		
08:30 – 10:30	Group 6	Studio 4
10:45 – 12:45	Group 1	Studio 4
13:00 – 15:00	Group 2	Studio 4
15:15 – 17:15	Group 3	Studio 4
17:30 – 19:30	Group 4	Studio 4
19:45 – 21:45	Group 5	Studio 4
Wednesday 28 August		
Training in morning only. Schedule TBC.		
Thursday 29 August		
08:30 – 10:30	Group 1	Studio 4

TIME	NPC GROUP*	LOCATION
10:45 – 12:45	Group 2	Studio 4
13:00 – 15:00	Group 3	Studio 4
15:15 – 17:15	Group 4	Studio 4
17:30 – 19:30	Group 5	Studio 4
19:45 – 21:45	Group 6	Studio 4
Friday 30 August		
08:30 – 10:30	Group 2	Studio 4
10:45 – 12:45	Group 3	Studio 4
13:00 – 15:00	Group 4	Studio 4
15:15 – 17:15	Group 5	Studio 4
17:30 – 19:30	Group 6	Studio 4
19:45 – 21:45	Group 1	Studio 4
Saturday 31 August		
08:30 – 10:30	Group 3	Studio 4
10:45 – 12:45	Group 4	Studio 4
13:00 – 15:00	Group 5	Studio 4
15:15 – 17:15	Group 6	Studio 4
17:30 – 19:30	Group 1	Studio 4

TIME	NPC GROUP*	LOCATION
19:45 – 21:45	Group 2	Studio 4
Sunday 01 September		
08:30 – 10:30	Group 4	Studio 4
10:45 – 12:45	Group 5	Studio 4
13:00 – 15:00	Group 6	Studio 4
15:15 – 17:15	Group 1	Studio 4
17:30 – 19:30	Group 2	Studio 4
19:45 – 21:45	Group 3	Studio 4
Monday 02 September		
08:30 – 10:30	Group 5	Studio 4
10:45 – 12:45	Group 6	Studio 4
13:00 – 15:00	Group 1	Studio 4
15:15 – 17:15	Group 2	Studio 4
17:30 – 19:30	Group 3	Studio 4
19:45 – 21:45	Group 4	Studio 4
Tuesday 03 September		
08:30 – 10:30	Group 6	Studio 4
10:45 – 12:45	Group 1	Studio 4

TIME	NPC GROUP*	LOCATION
13:00 – 15:00	Group 2	Studio 4
15:15 – 17:15	Group 3	Studio 4
17:30 – 19:30	Group 4	Studio 4
19:45 – 21:45	Group 5	Studio 4
Wednesday 04 September		
08:30 – 10:30	Group 1	Studio 4
10:45 – 12:45	Group 2	Studio 4
13:00 – 15:00	Group 3	Studio 4
15:15 – 17:15	Group 4	Studio 4
17:30 – 19:30	Group 5	Studio 4
19:45 – 21:45	Group 6	Studio 4
Thursday 05 September		
08:30 – 10:30	Group 2	Studio 4
10:45 – 12:45	Group 3	Studio 4
13:00 – 15:00	Group 4	Studio 4
15:15 – 17:15	Group 5	Studio 4
17:30 – 19:30	Group 6	Studio 4
19:45 – 21:45	Group 1	Studio 4

TIME	NPC GROUP*	LOCATION
Friday 06 September		
08:30 – 10:30	Group 3	Studio 4
10:45 – 12:45	Group 4	Studio 4
13:00 – 15:00	Group 5	Studio 4
15:15 – 17:15	Group 6	Studio 4
17:30 – 19:30	Group 1	Studio 4
19:45 – 21:45	Group 2	Studio 4
Saturday 07 September		
08:30 – 10:30	Group 4	Studio 4
10:45 – 12:45	Group 5	Studio 4
13:00 – 15:00	Group 6	Studio 4
15:15 – 17:15	Group 1	Studio 4
17:30 – 19:30	Group 2	Studio 4
19:45 – 21:45	Group 3	Studio 4

*The list of NPC group allocations will be available at the Sport Information Centre (SIC) and on Info.

→ Access to Training Venues

Only holders of a valid accreditation shall have access to the training venues. NPC members will have access to one or more training venue, according to the sport code(s) on their accreditation.

Access to the training venues for personal and training partners will be granted with “P” accreditation. More information on “P” accreditations will be provided in the document [Paralympic Games Accreditation – Detailed specifications \(July 2023\)](#). Based on these specifications, Paris 2024 will confirm the strategy aiming to enable all “P” accredited personnel to access their respective training venues, including the training venues situated in the Village.

→ Training venue service level

No catering services will be provided at the Studios, which will be located in the Paralympic Village and therefore close to the various catering and take-away spaces. Cold drinks (water and isotonic drinks provided by Coca-Cola) will be available at the Studios.

PARA POWERLIFTING FEDERATION CONTACT DETAILS

→ World Para Powerlifting (WPPPO)

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53113 Bonn
Germany

→ **Tel.:** +49 228 2097260

→ **Website:** <https://www.paralympic.org/powerlifting>

→ **Head of World Para Powerlifting:** Jorge Moreno

→ Fédération Française de Handisport (FFH)

42 rue Louis Lumière
75020 Paris
France

→ **Tel.:** +33 (0)1 40 31 45 00

→ **Website:** <https://www.handisport.org/>

→ **President:** Guislaine Westelynck

