

# **APU Regulations**

## **Competition Progression and Team Selection Process**



# **APU**

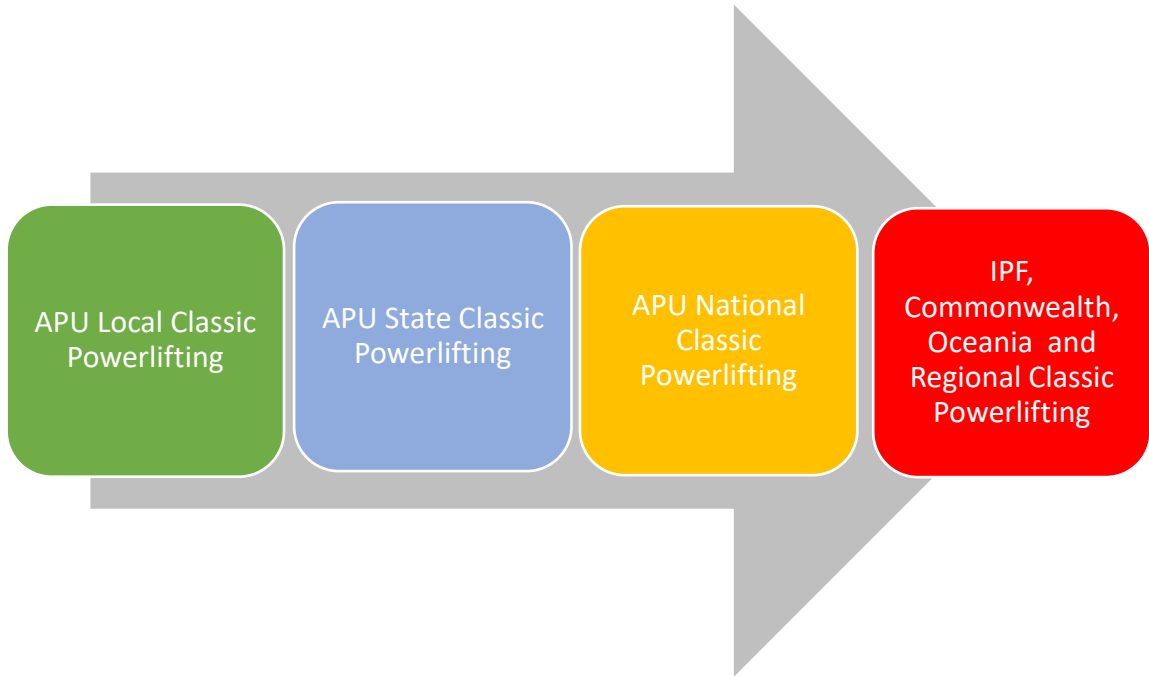
**AUSTRALIAN  
POWERLIFTING UNION**

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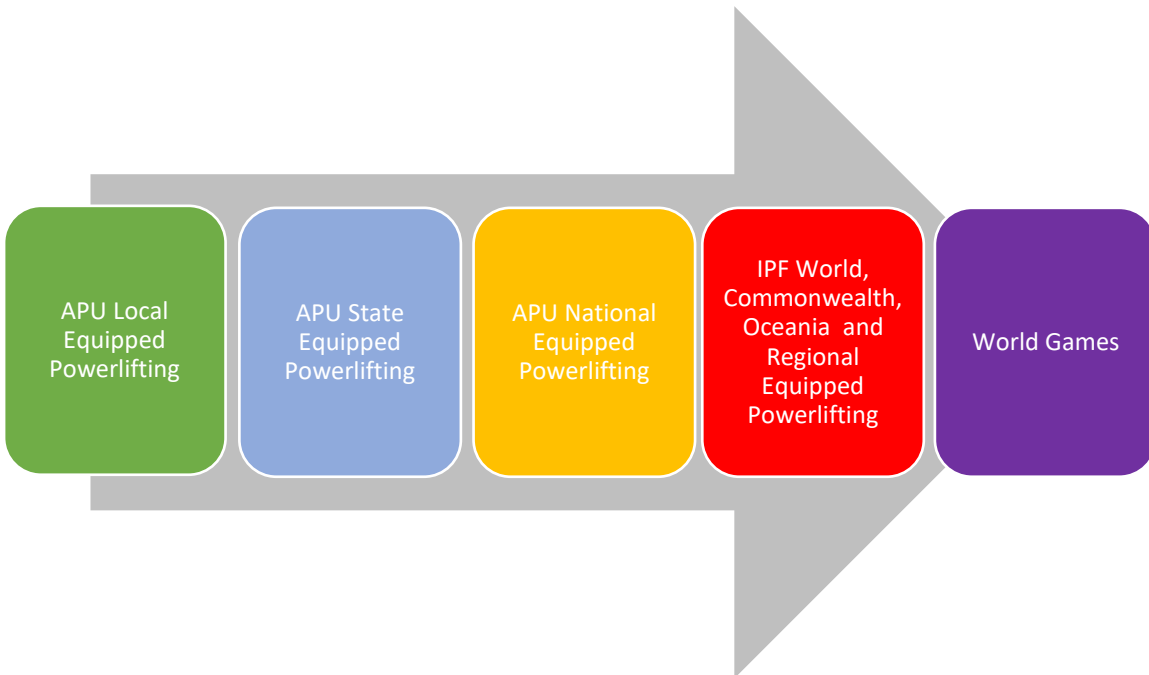
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## Appendix 1. Aligning (Progressive) Events Classic Powerlifting

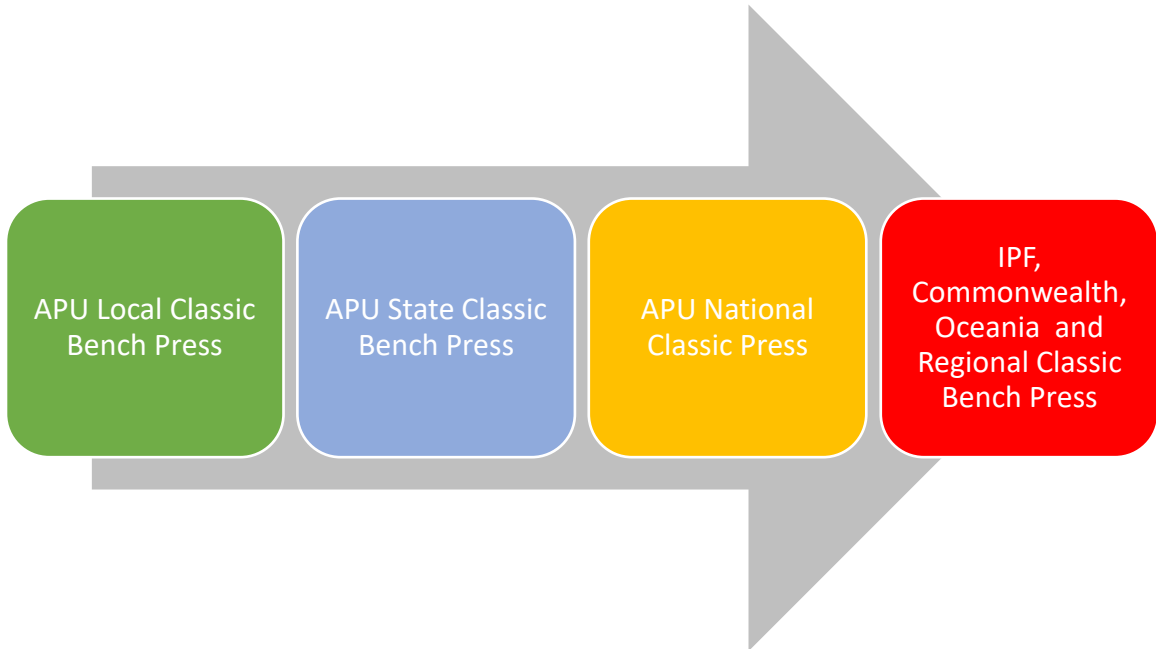


## Appendix 2. Aligning (Progressive) Events Equipped Powerlifting



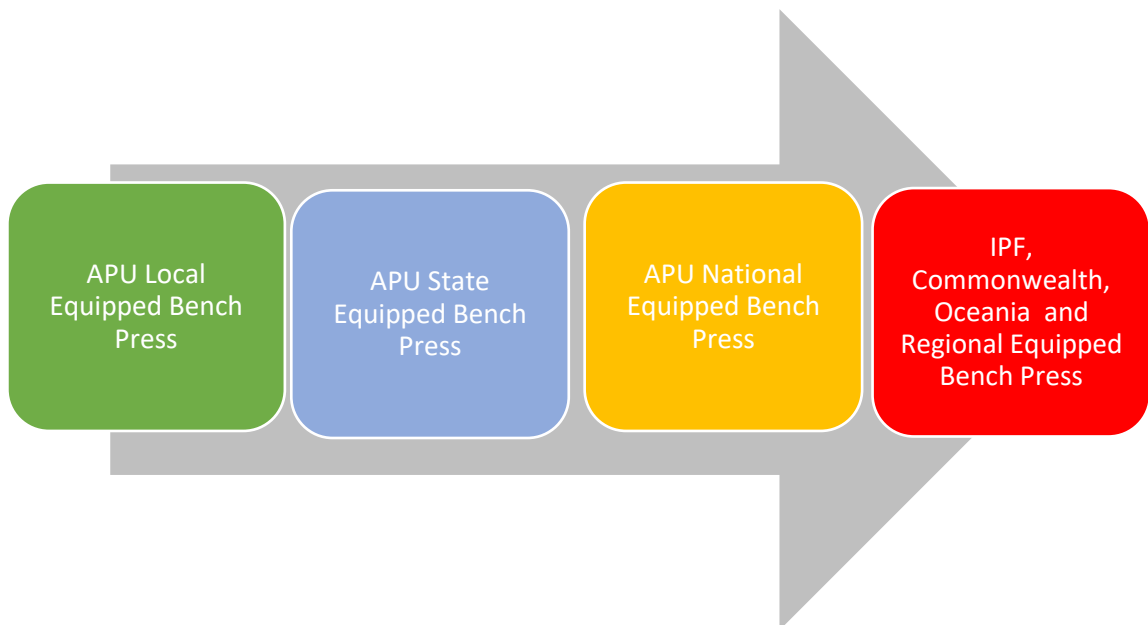
### Appendix 3

#### Aligning (Progressive) Events Classic Bench Press

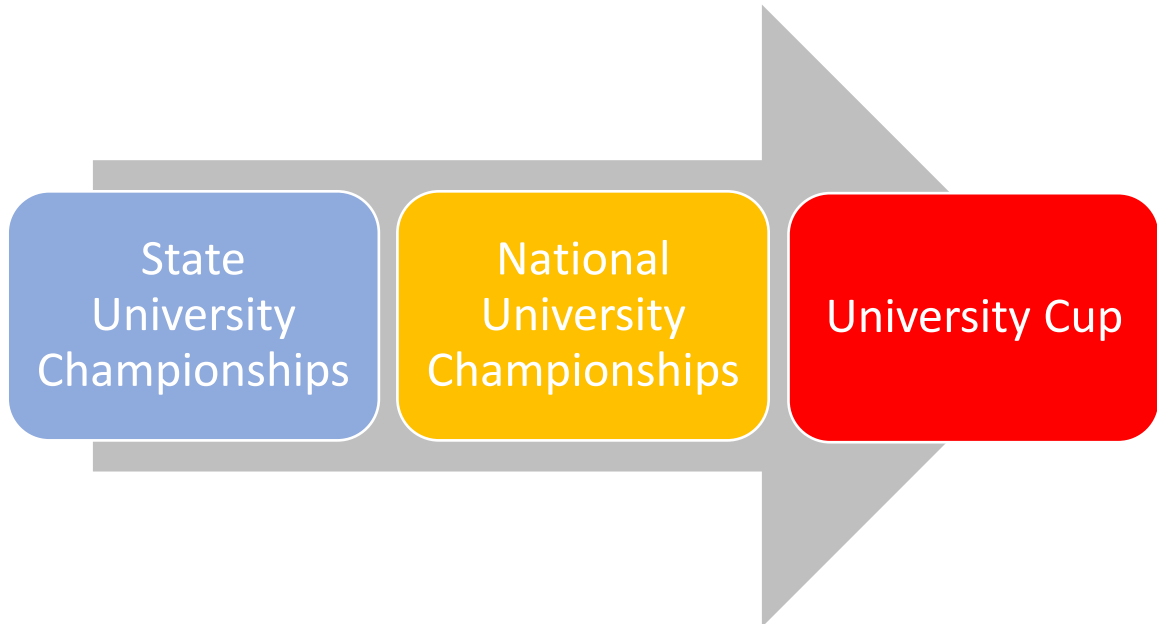


### Appendix 4

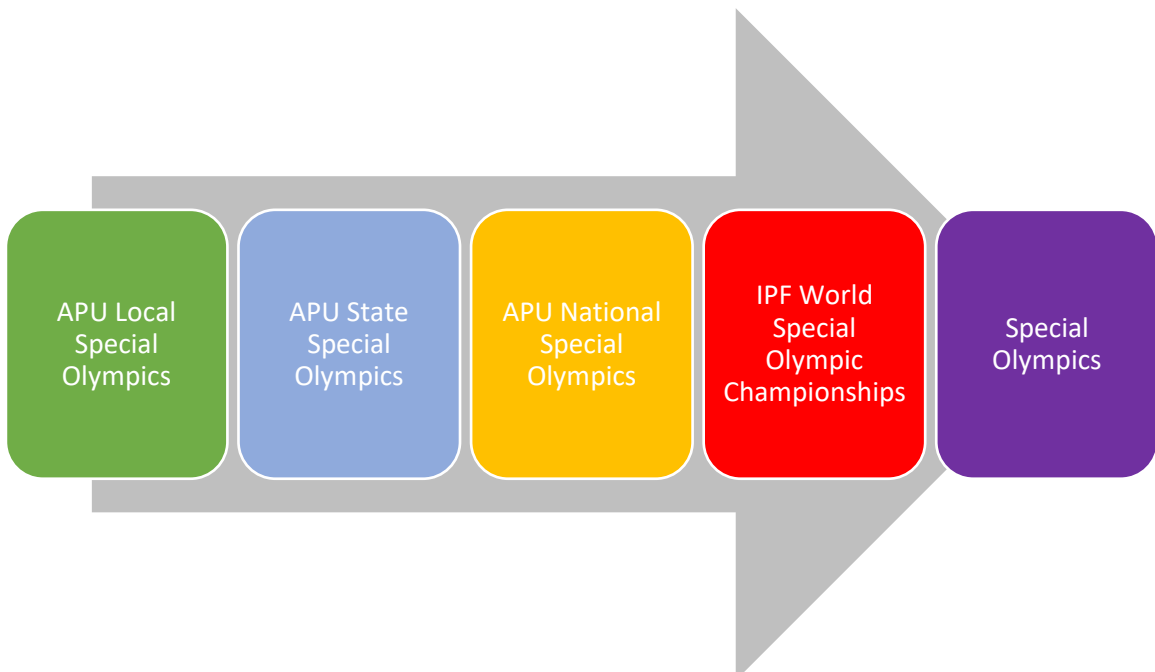
#### Aligning (Progressive) Events Equipped Bench Press



## Appendix 5 Aligning (Progressive) Events University (TBA)

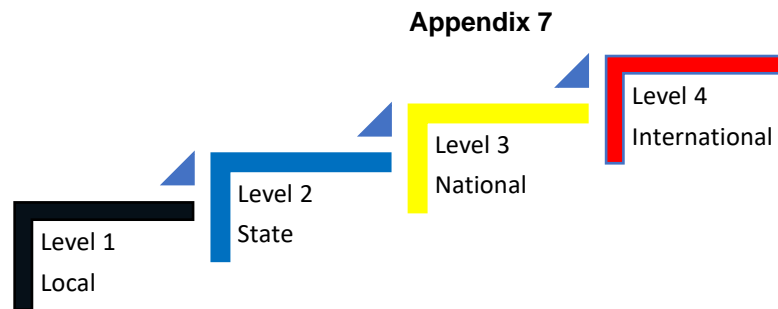


## Appendix 6 Aligning (Progressive) Events Special Olympics (TBA)



# 1. Annual Competition progression

The athlete's competition progression shall be on a progressive annual plan.



## 1.1. Level 1 – Club Championships.

Any athlete wishing to be eligible to participate in a Club Championship must:

- i. Be approved member of Australian Powerlifting Union
- ii. Enter at least 28 days prior to competition. Some local events are limited in numbers so early registration is recommended.
- iii. To move to level 2: Participate at Local/Club championship, achieve the qualifying grade required.

## 1.2. Level 2 – APU State/Inter-Club Championships.

Any athlete wishing to be eligible to participate in a State/Inter-Club Championship must:

- i. Achieved a qualifying total at the club championship held after the previous year's nationals.
- ii. Complete the Sport Integrity Australia (SIA) level 1 anti-doping course online at least 28 days before State Championship entry close.

## 1.3. Level 3 – APU National Championships.

Any athlete wishing to be eligible to participate in a ~~State/Intra-Club~~ National Championship must:

- i. Achieved a qualifying total at the State/Inter-Club Championships held after the previous year nationals.
- ii. Be available for Testing under this, or any other National Anti-doping Organisation Anti-Doping Policy for at least six (6) months.
- iii. Have completed the SIA level 1 anti-doping course online prior to the State Championships (as per point above)

#### **1.4. Level 4 – IPF World/Regional/Commonwealth Championships**

Any athlete wishing to be **eligible** to be part of the Australian Team and participate in IPF World, Regional or Commonwealth Championship must:

- i. Achieved a qualifying total ~~and place 1st~~ at the National Championships in any age category National events of the same classification (e.g. Classic Powerlifting, Equipped Powerlifting, Classic Bench Press or Equipped Bench Press) prior to the **aligning** World, Regional or Commonwealth Championship (some conditions and acceptances apply, for availability).
- ii. Be available for Testing under this, or any other National Anti-doping Organization Anti-Doping Policy for at least six (6) months.

## **2. Competition Progression**

### **2.1. Competition planning and performance commitments**

- i. APU affiliate clubs, State branches and National body will hold one championship in all of the following categories for all age groups and weight divisions for both Men and Women.
  - Classic Powerlifting Championships – all age groups
  - Classic Bench Press Championship – all age groups
  - Equipped Powerlifting Championship – all age groups
  - Equipped Bench Press Championship – all age groups
- ii. Special Olympic athletes are to be provided the opportunities to participate at all local events in their own division, and will be provided the progressive pathway to participate in State Championships and National Championships in their own division.

### **2.2. Competing at the Club/Local Championship**

For selection to any athlete to compete in any Local or club Championships sanctioned by the Australian Powerlifting Union, an athlete must:

1. be a registered and approved “lifting” member of the APU.
2. be eligible to compete in the elected competition.
3. Nominate your entry within the timeframe required by APU regulations.

### **2.3. Competing at a State Championship**

For selection to any athlete to compete in any State Championships sanctioned by the Australian Powerlifting Union, an athlete must:

1. Be a registered and approved “lifting” member of the APU.



2. Be eligible to compete in the elected State Championship.
3. Nominate your entry within the timeframe required by APU regulations.
4. Must have completed and passed the current Sport Integrity Australia Level 1 Anti-doping course.
5. The individual shall be selected primarily from the results of the Club Championship.
6. A minimum total achievement shall be required to qualify the athlete depending on the age division the athlete is preparing to enter in the State Championship. (see appendix 8)

#### **2.4. Competing at a National Championship**

Athletes wishing to be eligible to participate in any APU Sanctioned National Championship Event must be

1. Available for Testing under APU or another National Anti-doping Associations (NADO's) Anti-Doping Policy for at least six (6) months.
2. Be a registered and approved "lifting" member of the APU.
3. Be eligible to compete in the elected National Championship.
4. Nominate your entry within the timeframe required by APU regulations.
5. The individual shall be selected primarily from the results of the State Championship.
6. A minimum total achievement shall be required to qualify the athlete depending on the age division the athlete is preparing to enter in the National Championship. (See appendix 9)
7. The Board may approve the entry of a lifter into the National Championships who is considered to have the ability to qualify but has not done so due to circumstances, or who's standard or reputation is such that their participation will substantially enhance the standard of the Championships.

### **3. Pathway requirements for Classic, Equipped Powerlifting, and Classic and Equipped Bench Press**

*This Clause explains which "events" will allow you to advance from Local/Club, to State, to National and then to Regional, Commonwealth or World*

*Championships in Classic Powerlifting, Equipped Powerlifting, Classic Bench Press and Equipped*

**3.1. Classic Powerlifting Performance Commitments**

- i. Results from Classic Powerlifting event only shall be used to qualify for higher-level Sanctioned Classic Powerlifting Championships.

**3.2. Equipped Powerlifting performance commitments**

- i. Results from local/club Classic or Equipped Powerlifting championships may be used to qualify for State Equipped Powerlifting Championships.
- ii. Results from State Classic or State Equipped Powerlifting may be used to qualify for Nationals Equipped Powerlifting championships “unless” there is a stand-alone State Equipped Championship in the athletes State (being Powerlifting or Powerlifting and Bench Press), in which case only results from State Equipped Powerlifting Championships shall be used to qualify for National Equipped Powerlifting Championships.
- iii. Results from National Equipped Powerlifting Championship only shall be used to qualify for IPF World Powerlifting Championships (equipped).

**3.3. Classic Bench Press performance commitment**

- i. Results from Classic Bench Press events only shall be used to qualify for any higher Classic ~~Powerlifting~~ Bench Press Championships.

**3.4. Equipped Bench Press performance commitments**

- i. Results from local/club Classic or Equipped Bench Press Championships may be used to qualify for State Equipped Powerlifting Championships.
- ii. State Classic and State Equipped Bench Press results may be used to qualify for National Equipped Bench Press Championships “unless” there is a standalone State Equipped bench press Championship (being Powerlifting or Powerlifting and Bench Press), in which case only results from State Equipped Bench Press Championships shall be used to qualify for National Equipped Bench Press Championships.

- iii. Only National Equipped Bench Press Championship results shall be used to qualify for IPF world Bench Press Championships (equipped)

## 4. Team Selection

### 4.1. Teams

- i. Each team is allowed a maximum of eight (8) competitors spread throughout the range of the eight (8) bodyweight categories for men and eight (8) competitors throughout the range of eight (8) bodyweight categories for women.
- ii. In the Junior and Sub-Junior age categories nine (9) for men and nine (9) for women. There must not be more than two competitors from any one team in any particular bodyweight category.
- iii. Point scoring for all State, National, Regional or World Championship shall be: 12, 9, 8, 7, 6, 5, 4, 3, 2 for the first 9 placing in any bodyweight category. Thereafter, each lifter who makes a total in the competition shall be awarded one point. Point scoring for all national competitions shall be at the discretion of the national federation.
- iv. Only the point scores of the five best placed lifters of each team will be counted for the team competition at all championships. In case of a tie in points scored, final team placing shall be decided for team awards as in item vii.
- v. If a member of a team is found to have committed a violation of the IPF Anti-Doping Rules during an Event where a team ranking is based on the addition of individual results (points), the points of the Athlete committing the violation will be subtracted from the team result and may not be repeated by the resulting points of another team member.
- vi. Team awards shall be given for the first three places with Certificates. In the case of a tie for the classification of a team or a nation, the team having the largest number of first places will be ranked first. In the case of a tie between two nations having the same number of first places, the one having the most second places will be classified first, and so on through the placing of the maximum of five scoring lifters. Should

teams finish equally after this procedure has been applied, then the team with the greater total number of IPF points will be declared the higher placed.

- vii. Each Team will have one Head coach who will be responsible for the management of the athletes, coaches and assistant coaches for the team championship.
- viii. Each Head coach, coach and coach's assistant is subject to board approval.

#### **4.2. State Championship “Inter Club” Team selection (starting 2022)**

**Appendix 8  
State Championship Grading requirement**

- State Open Championships (Powerlifting or Bench Press) – C Grade on the applicable current APU Equipped or Classic Grading Scale
- State Junior Championships (Powerlifting or Bench Press) – D Grade on the applicable current APU Equipped or Classic Grading Scale.
- State Sub Junior Championships (Powerlifting or Bench Press) – Any total
- State Masters (Powerlifting or Bench Press) Championships – any total.

Refer to APU Grading Scale on <https://www.powerlifting.org.au/grading-and-qualifying>

- i. For selection to any Club team or to compete in any State Championships sanctioned by the Australian Powerlifting Union, an athlete
- ii. Must be registered with the APU and be a team member of the affiliated represented club. Only affiliated clubs shall be eligible to enter teams.
- iii. Must have completed and passed the current Sport Integrity Australia Level 1 Anti-doping course.
- iv. Each affiliated club can select a team to represent them at all State Championships.

- v. The team shall be selected primarily from the Club Championship results. First place with a qualifying achievement from each weight category at State Championships shall be primary nomination.
- vi. The APU registered Club Coach/Manager shall be responsible for the selection of the team under the regulations of the APU.
- vii. A minimum total achievement shall be required to qualify the athlete depending on the age division the athlete is preparing to enter in the State Championship (see appendix 8)
- viii. The APU Club Coach/Manager will be responsible for the nominations of the Club team selected to represent at the State Championships and will provide the APU competition manager the Club team and reserves at least 28 days prior to the start of the championship (Technical Meeting). No further changes will be allowed after 28 days. (Reserves may be included up to the final nominations – 7 days before start of championship).
- ix. The Board may approve the entry of a lifter into the State Championships who is considered to have the ability to qualify but has not done so due to circumstances, or who's standard or reputation is such that their participation will substantially enhance the standard of the Championships.
- x. Each Club will have one Head coach who will be responsible for the management of athletes, coaches and assistant coaches for their Club at the State Championships.
- xi. Each Head coach, coach and coach's assistant will be subject to board approval.
- xii. Each Head coach, coach and coach's assistant must agree to the Coaches responsibility.  
Refer to APU Coach Responsibility on <https://www.powerlifting.org.au/coaching>

### 4.3. National Team Championship Entry

**APPENDIX 9**  
**National Championship Grading requirement**

- National Open Championships (Powerlifting or Bench Press) – B Grade on the applicable current APU Equipped or Classic Grading Scale
- National Junior Championships (Powerlifting or Bench Press) – C Grade on the applicable current APU Equipped or Classic Grading Scale.
- National Sub-Junior Championships (Powerlifting or Bench Press) – D Grade on the applicable current APU Equipped or Classic Grading Scale.
- National Masters (Powerlifting or Bench Press) Championships – any total.

<https://www.powerlifting.org.au/grading-and-qualifying>

- i. Athletes wishing to be eligible to participate in any APU Sanctioned National Event must be available for Testing under APU or another National Anti-doping Associations (NADO's) Anti-Doping Policy for at least six (6) months before they will be eligible for such events.
- ii. Each state will select a team to represent them at all National Championships.
- iii. The team shall be selected primarily from the State Championship results.
- iv. The State Manager shall be responsible for the selection of the team.
- v. A minimum total achievement shall be required to qualify the athlete depending on the age division the athlete is preparing to enter in the National Championship (see appendix 9)
- vi. The APU State Manager will be responsible for the nominations of the State team selected to represent at the National Championships and will provide the APU Competition Manager the State team and reserves at least 28 days prior to the start of the championship (Technical Meeting). All lifters will be required to be approved for entry by the APU board. No further changes will be allowed after 28 days. (Reserves may be included up to the final nominations – 7 days before start of championships).

- vii. The Board may approve the entry of a lifter into the National Championships who is considered to have the ability to qualify but has not done so due to circumstances, or who's standard or reputation is such that their participation will substantially enhance the standard of the Championships.
- viii. Each State will have one Head coach who will be responsible for the management of athletes, coaches and assistant coaches for their State at the National Championships.
- ix. Each Head coach, coach and coach's assistant will be subject to board approval.
- x. Each Head coach, coach and coach's assistant will agree to the Coaches responsibility.  
Refer to APU Coach Responsibility on  
<https://www.powerlifting.org.au/coaching>

#### **4.4. International (IPF) Championship Entry**

Nationals Team to represent at IPF Sanctioned International Regional (appendix 10) or World Championship (appendix 11)

**Appendix 10**  
**International Regional Championship Grading requirement**

- IPF Commonwealth/Asian Open Championships (Powerlifting or Bench Press) – International II on the applicable current APU Equipped or Classic Grading Scale.
- IPF Commonwealth/Asian Junior Championships (Powerlifting or Bench Press) – A Grade on the applicable current APU Equipped or Classic Grading Scale.
- IPF Commonwealth/Asian Sub-Junior Championships (Powerlifting or Bench Press) – B Grade on the applicable current APU Equipped or Classic Grading Scale.
- IPF Commonwealth/Asian Masters (Powerlifting or Bench Press)

**Appendix 11**  
**IPF World Championship Grading requirement**

- IPF World Open Championships (Powerlifting or Bench Press) – International II on the applicable current APU Equipped or Classic Grading Scale.
- IPF World Junior Championships (Powerlifting or Bench Press) – A Grade on the applicable current APU Equipped or Classic Grading Scale.
- IPF World Sub-Junior Championships (Powerlifting or Bench Press) – B Grade on the applicable current APU Equipped or Classic Grading Scale.
- National Masters (Powerlifting or Bench Press) Championships – any total.

- i. Athletes wishing to be eligible to participate in any APU Sanctioned National Event must be available for Testing under APU or another National Anti-doping Associations (NADO's) Anti-Doping Policy for at least six (6) months before they will be eligible for such events
- ii. Australia may select a team to represent at selected IPF Regional (appendix 10) and/or International Championships (appendix 11).
- iii. Each National team is allowed 5 reserves which should be selected prior to the preliminary closing date.
- iv. Individuals who have membership with powerlifting organisations not affiliated with the International Powerlifting Federation will not be considered for selection to any International Powerlifting Federation sanctioned championship by APU as athlete, coach or official.



- v. The team shall be selected primarily from **all of** the APU National Championship results in **any age category National events of the same classification (e.g. Classic Powerlifting, Equipped Powerlifting, Classic Bench Press or Equipped Bench Press)**, however other results may be considered for the benefit of higher participation. The **suitable athlete with the winner highest total** from each weight category at the National Championships for the international championship shall be considered for primary **selection nomination**.
- vi. A minimum total achievement shall be required to qualify the athlete depending on the age division, the weight class, the event (classic/equipped) and the championship that the athlete is preparing to enter, such as Regional or International Championship.
- vii. Refer to APU Grading Scale on [www.powerlifting.org.au/grading-and-qualifying](http://www.powerlifting.org.au/grading-and-qualifying)

## 5. Changing Weight Divisions

### 5.1. Local, State and National Championships (APU Sanctioned)

Athlete may change weight divisions and hold their position and ability to use the total in the event as a qualifying total if:

- a. They make the change within time frame:
  - i. local competitions, until 7 days prior to commencement of competition, from which at that time no changes shall be permitted.
  - ii. State Championships, until 14 days prior to commencement of championships, from which at that time no changes shall be permitted.
  - iii. National Championships, until 21 days prior to commencement of championships, from which at that time no changes shall be permitted.
  - iv. There is no team athlete in the nominated weight class that will be affected due to the change.
- b. If condition above cannot be met

- i. At local competitions: the lifter may represent as a “guest lifter”, and be removed from the “team” that they may have been entered: The lifter is not eligible for medals or awards over properly entered lifters.
- i. At State Championships: the lifter will NOT be eligible to participate and will be removed from the team.
- ii. At National Championships: the lifter will NOT be eligible to participate and will be removed from the team.

## **5.2. Regional and International Championships (IPF Sanctioned)**

Athletes may change weight divisions if:

- a. They make the change within time frame required by the championship director.
- b. There is no team athlete in the nominated weight class that will be affected due to the change.
- c. If condition (2) above cannot be met, the lifter will NOT be eligible to participate and will be removed from the team.

## **6. Exemptions**

An exemption allows an athlete to bypass an event and not lose any momentum in the expected competition progression required for athletes.

~~Athletes who achieve 1st, 2nd or 3rd place at the National Championships shall be granted an exemption to participate at local championships to qualify for State Championships in the same event the achieved 1st, 2nd or 3rd place at the Nationals in the following season.~~

~~In other instances,~~ **A**n athlete who wishes to progress to a higher-level championship but cannot compete in any lower-level events available to them due to extenuating circumstances (see below), the board will consider and at its own discretion, accept or reject an application for acceptance to progress to the following level.

Each exemption shall be considered on its own empirical support based on the following considered reasons for exemption.

## **6.1. Considered Reasons for Exemption:**

### **i. Injury or illness**

Injury or illness that prevented participation in the lower-level championship, or championships available may be reason for exemption in some circumstances.

#### Conditions of exemption for Injury or Illness

APU board will consider exemption when a written letter of advisement from a relevant AHPRA registered health practitioner is provided.

The following health practitioners qualify as relevant AHPRA registered health practitioners:

- ✓ Chiropractor
- ✓ Medical Practitioner
- ✓ Osteopath
- ✓ Physiotherapist
- ✓ Podiatrist
- ✓ Psychologist

The decision will be made by the APU Medical board or the APU board whether to accept or decline the letter of advisement.

In the case the letter does not meet the standard or is declined by the Medical Board the following options are available for an appeal.

A meeting with the APU Medical board or the APU Board to discuss reasons for declination of the initial letter of advisement.

Provide a subsequent letter of advisement by a second relevant AHPRA registered health practitioner.

An independent Medical Consultation from an AHPRA registered health practitioner assigned by the APU Executive committee.

Acceptance of a letter of advisement does not automatically gain selection into a team. A selection panel will base their selection on the athlete(s) who they deem as their most suitable representation.

## **ii. Bereavement**

Bereavement, that prevented participation in the lower-level championship, or championships available may be reason for exemption in some circumstances.

### Conditions of exemption for bereavement

- a. Supporting documents e.g., death notice must be provided
- b. Time frame for bereavement is no longer than 21 days before the championship.

## **iii. Travel delays**

Travel delays which caused disqualification from lower-level championships, or championships available may be reason for exemption in some circumstances.

### Conditions of exemption for Travel delay

APU board will consider exemption when travel delays hindered an athlete's championship entry, and travel delays that were out of the athlete's control.

- a. The travel delays should be the fault of the travel company, and no fault from the athlete or any other person with no control of the management of the travel, e.g., QANTAS flight cancelation.
- b. Proof of travel delays required to be provided at the soonest opportunity.

## **iv. Conflicting/Clashing Championships**

Conflicting/Clashing championships which are caused from non-patterned events such as **International**, Commonwealth Championships or Asian Championships, may be reason for exemption.

### Condition of exemption for Conflicting/Clashing Championship

- a. The actual entry into the higher-level championship is provided and accepted by the APU.
- b. No more than 8 weeks is given between competitions.
- c. **The result achieved at the Conflicting/Clashing competition shall be used to progress and are equal to or higher than the required grading for the progressing Championship.**

**v. Residential issues. Relocation, moving**

Residential issues, relocation, moving which causes inability for entry from lower-level championships, or championships available may be reason for exemption in some circumstances.

Condition of exemption for Residential issues. Relocation, moving.

- a. Proof of relocation, moving is provided
- b. Relocation must be within 2 weeks of championship

**vi. Travel abroad or not in a location suitable for competition in Australia**

Traveling abroad or not in a location suitable for competition in Australia may be reason in some circumstances.

Condition for exemption for Travelling abroad or not in a location suitable for competition in Australia

- a. Proof of travel, such as travel itinerary
- b. Proof of location, such as work roster with location of duties.

**vii. Change of age category**

APU board will consider exemption if between the lower-level championship and higher-level championship the athlete entered a new age division.

Conditions of the exemption in this point are the following:

- a. In terms of qualifying total to enter new age category:

Athletes who are moving from one age category to another “must” perform a qualifying total in the higher-level championship.

For example, a lifter competing in the Juniors moving into the Open would need to achieve a minimum B Grade total (required for Open Nationals) to move into National Open Championships.

- b. In terms of team selection

The totals of the Athlete who is moving from one age category to another will be compared to the other totals that were achieved in the same (higher level/new age) division.

### **viii. Other reasons for exemptions**

APU board will consider exemption if any other factor reasonably considered by the APU board to constitute extenuating circumstances are requested.

## **6.2. Applying for an exemption**

### 6.2.1. Exemption to progress to higher-level event

- i. All applications for an exemption from a competition to progress to a higher-level event shall be sent to the Competition Management Committee.
- ii. The Competitions Management Committee will provide the application to the APU board.
- iii. The APU Board may seek further advice on the recommendation from other committees, or support persons.
- iv. When satisfied and ready, the APU board shall make the decision to accept or decline the application for exemptions.

## **7. Violations or Breaches on selected athletes**

Athletes with any violations or breaches that are brought to light, announced, pending or proved from the period of selection a championship or event, may be withdrawn from any championships at the board's discretion.

In such instances:

- a. The athlete will be responsible to pay any expenses including any airfare, accommodation and anti-doping that has been paid up until the athlete was withdrawn from the championship and;
- b. Any unused money the athlete tendered with the nomination to be paid back to the athlete, without interest.

## **8. Rejection of athlete to championship**

The APU Board will consider and, in its absolute discretion, accept or reject the application of the athlete to the Championship.

APU will select athletes who it believes will be of best interest for the APU and will not select athletes that it deems is likely to be disruptive to others, if they fail, or is likely to fail to comply with any administration including the Athlete agreement, Anti-doping policies and Social Media Policy.

If the board reject the nomination, then:

- a. It must arrange for any money the athlete tendered with the nomination to be paid back to the athlete, without interest; and
- b. The board does not have to give any reason for the rejection.

Australian Powerlifting Union Ltd

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