



## Competition Format and Rules

Gold Coast 2018 Commonwealth Games Competition Format

GC2018 will host Para powerlifting in a total of four medal events. Each weight category consists of a single competition phase (final):

Men's medal events: two	Women's medal events: two
Lightweight (up to and including 72kg)	Lightweight (up to and including 61kg)
Heavyweight (over 72kg)	Heavyweight (over 61kg)

The competition consists of three rounds, where all lifters must complete each relevant round in sequential order. First by order of the lifting weight chosen or, if the weight chosen is the same, by order of the lot draw.

Three lifting attempts are permitted within the actual competition, with a fourth lift permitted for a world record attempt, under special circumstances.

The bar must be loaded progressively for each round on the principle of a rising bar, whereby each lifter will take their first attempt in the first round, second attempt in the second round, and third attempt in the third round.

At no other time will the weight of the bar be lowered within a round, except for errors due to an incorrectly loaded bar or a spotter error.

If unsuccessful with an attempt, the lifter must wait until the next round before he/she can attempt the same weight again or make a new attempt at a heavier weight.

### Competition rules:

The Para powerlifting competition at GC2018 will be delivered in accordance with the *World Para Powerlifting* rules and regulations.

[Paralympic.org/powerlifting/rules-and-regulations/rules](http://Paralympic.org/powerlifting/rules-and-regulations/rules)

### Competition progression:

For the first attempt, an athlete is permitted one change of weight after having nominated his/her chosen starting weight at the weigh-in. This change can take place at any time up to within five minutes before the start of the first round. No change to the first attempt is allowed after the five-minute call. The speaker will announce due notice of the weight change deadlines. The change of weight for the first attempt can be either higher or lower; however, if a lighter starting weight is requested, the overall weight cannot be reduced by more than 7kg from the initial weight submitted at the weigh-in.

Having made their first attempt, the lifter or their coach must decide upon the weight required for the second attempt. The chosen weight must be filled in where indicated on the official Attempt Card which will be kept at the marshall's table. This must be done within one minute after the athlete leaves the bench and the same procedure is to be followed for the third attempt or subsequent changes.

The weight submitted to the marshall for second-round attempts cannot be changed, except where a record attempt is requested, and this can only be increased by a maximum of 0.5kg, except in the following example: when two athletes nominate 102kg for a world record attempt and the first athlete has been successful and broken the world record, the



second athlete is permitted to change his second attempt to 102.5kg in order to be allowed to attempt to break the world record with the minimum 0.5kg required.

In the third-round attempt, two weight changes are permitted. The weight change can be higher or lower than the previously submitted third attempt. However, these changes are only permitted provided the lifter has not already been called to the platform by the speaker, or where the bar has already been loaded to the previously submitted weight and attempted by another lifter that he/she would have otherwise preceded.

The GC2018 Para Powerlifting competition will combine bodyweight categories and use the AH (Haleczko) formula (refer to link below) to determine rankings and medals, whereby the athlete's result (kg) is multiplied by the relevant AH coefficient to produce a point score.

[paralympic.org/sites/default/files/document/130801141325417\\_Appendix\\_2\\_AH\\_Haleczko\\_Formula.pdf](http://paralympic.org/sites/default/files/document/130801141325417_Appendix_2_AH_Haleczko_Formula.pdf)

#### **Tiebreak rules:**

Using the AH (Haleczko) formula as referred to above, where two or more athletes achieve the same score, the lifter with lighter bodyweight will be ranked higher.

If two lifters register an identical bodyweight at the weigh-in and eventually achieve the same lifting result at the end of the competition, then both will be re-weighed after the end of the session. After re-weighing, if they still weigh the same, they will share the same rank. For example, if two lifters are in first place, then two gold medals must be given and the next lifter will be awarded the bronze medal.

#### **Award of medals:**

Gold, silver and bronze medals will be awarded in each gender and weight class.

As per CGF Rule SPT 38:

- Five or more contestants: gold, silver and bronze
- Four contestants: gold and silver only
- Three or two contestants: gold only