



POWERLIFTING

COMPETITION FORMAT

OVERVIEW

1. Powerlifting is open to all competitors, with men and women competing in separate categories:

The 6 categories are:

1. Women - Lightweight (IP1) - up to 61 kg
2. Women - Midweight (IP2) - 61.01 to 79 kg
3. Women - Heavyweight (IP3) - 79.01 and over
4. Men - Lightweight (IP4) - up to 72 kg
5. Men - Midweight (IP5) - 72.01 to 97 kg
6. Men - Heavyweight (IP6) - 97.01 kg and over

FORMAT

The Invictus Games competition will run with the following competition formats:

- In designated single body weight categories for Men and Women
- With the AH formula (only if body weight categories are combined due to low entries)

Where there are up to ten lifters in a single bodyweight category there can be one group of lifters. Wherever there are more than ten lifters competing in the same bodyweight category then sub groups should be formed with a maximum of ten lifters per sub group.

Where sub groups are formed they should be as equal in number as possible and the order of grouping shall be determined by the starting weight declared at weigh-in. The lifters with the lowest starting weights will form the first group to lift, with progressively higher starting weights forming subsequent groups as necessary.

2. AH (Haleczko) FORMULA

In such cases where numbers of entries per specific category are less than three, bodyweight categories will be combined as agreed upon by the Local Organizing Committee and Invictus Games and then the AH formula applied to determine competitors' competition ranking and medals.

3. Lot Draw: The drawing of lots is a process where lifters are allocated a number by which they will be weighed in, and compete during the competition, where lifters have chosen the same weights for their next attempts. Lot Draw will take place following the Technical Meeting.



ROUND SYSTEM

- 4. There are three competitive rounds in the competition. All lifters must complete each relevant round in sequential order, first by the order of the lifting weight chosen and then, where the weight chosen is the same, by the order of the lot draw. The lifter with the lowest lot number drawn for the weigh in must always lift first.
- 5. The bar must be loaded progressively for each round on the principle of a rising bar whereby each lifter will take his/her first attempt in the first round, his/her second attempt in the second round and his/her third attempt in the third round. If unsuccessful with an attempt, the lifter does not follow themselves but must wait until the next round before they can attempt the weight again or make a new attempt at a heavier weight.
- 6. Having made their attempt, the lifter/coach must decide upon the weight required for the next attempt. The chosen weight must be filled in where indicated on the official attempt card, which will be kept at the marshals table. This must be done before the one-minute time allowance has elapsed (time from competitor leaving the bench).

CATEGORIZATION

CATEGORIES

- 1. Powerlifting is open to all competitors, with men and women competing in separate categories:

The 6 categories are:

CATEGORY	DESCRIPTION
IP1	Women lightweight up to 61 kg
IP2	Women midweight between 61.01 and 79 kg
IP3	Women heavyweight 79.01 kg and over
IP4	Men lightweight up to 72 kg
IP5	Men midweight between 72.01 and 97 kg
IP6	Men heavyweight 97.01 kg and over