



PARA POWERLIFTING

It is a precise technique of trained strength. Unlike conventional powerlifting, this Para sport is practiced in a laid down position on the bed, performing a bench press.

TYPES OF IMPAIRMENT

Physical. This sport is specifically for athletes with lower trunk impairment and short stature athletes.





CATEGORIES

Powerlifters are divided into bodyweight categories so athletes with different physical impairments can compete for a medal.

THE BENCH PRESS IS THE ONLY DISCIPLINE IN THIS SPORT, WITH 10 CATEGORIES BASED ON BODYWEIGHT

WEIGHT CATEGORIES

WEIGHTS

			
49 KG	41 KG	OVER 107 KG	OVER 86 KG
54 KG	45 KG		
59 KG	50 KG		
65 KG	55 KG		
72 KG	61 KG		
80 KG	67 KG		
88 KG	73 KG		
97 KG	79 KG		
107 KG	86 KG		

RULES



- 1 Competitors have three attempts to lift the weight.
- 2 They can increase lifted weight by no less than 1 kg at a time.
- 3 Competition is sanctioned by three judges. Two judges must mark a green light for a lift to be valid.

