

International  
Paralympic Committee

# Powerlifting Classification Rules and Regulations

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# **IPC Powerlifting Classification Rules and Regulations, version 3**

March 2015

**International Paralympic Committee**

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## Purpose and Organisation of these Rules

### Purpose

These Classification Rules (referred to generally as “the Rules”) provide a framework within which the process of “Classification” may take place. The term “Classification” refers to a structure for Competition the aim of which is to ensure that an Athlete’s Impairment is relevant to sport performance, and to ensure that Athletes compete equitably with each other. The purpose of Classification is to minimise the impact of eligible Impairment types on the outcome of competition, so that Athletes who succeed in competition are those with best anthropometry, physiology and psychology and who have enhanced them to best effect.

### Organisation

#### Articles

Article One	Article One explains that these Rules apply to persons who compete or are otherwise involved in the sport of IPC Powerlifting, and how the Rules should be interpreted.
Article Two	Article Two explains that qualified personnel referred to in these Rules as “Classifiers” conduct Athlete Evaluation, with other key “Classification Personnel” being involved.
Article Three	Article Three explains how Classifiers will conduct Athlete Evaluation as part of a Classification Panel.
Article Four	Article Four explains that the process of Classification is carried out by way of Athlete Evaluation under these Rules, and details the specific processes and protocols to be followed during Athlete Evaluation.
Article Five	Article Five explains that Classification is undertaken so that Athletes can be designated a Sport Class (which groups Athletes together in Competition) and allocated a Sport Class Status (which indicates when Athletes should be evaluated and how their Sport Class may be challenged).
Article Six	Article Six explains that one outcome of Athlete Evaluation may be that an Athlete is found not to be eligible to compete in the sport of



IPC Powerlifting, and the implications that arise if this is the case.

**Article Seven** Article Seven explains that an Athlete or other party may dispute the allocation of a Sport Class, and the process by which these disputes should be resolved.

**Article Eight** Article Eight explains that the procedure by which a Sport Class is allocated is subject to a limited form of challenge, and how these challenges should be made.

**Article Nine** Article Nine explains that if an Athlete or other party attempts to subvert the Athlete Evaluation process, there will be consequences.

**Glossary** The Glossary to these Rules contains a list of the defined terms used in these Rules.

## **Appendices**

**Appendix One** Appendix One deals with Sport Classes for Athletes with Physical Impairment, and sets out the Minimum Disability Criteria and assessment methodologies that apply in order for an Athlete with Physical Impairment to be eligible to compete in the sport of IPC Powerlifting.





## 1 Article One - Scope and Application

- 1.1 These Rules are an integral part of the IPC Powerlifting Rules and Regulations and are intended to implement the provisions of the IPC Classification Code for the sport of IPC Powerlifting.
- 1.2 These Rules shall apply to -
  - 1.2.1 All Athletes and Athlete Support Personnel who are registered and/ or licensed with IPC Powerlifting as defined in the IPC Powerlifting Rules and Regulations;
  - 1.2.2 All Athletes and Athlete Support Personnel participating in such capacity in Events and Competitions recognised by IPC Powerlifting or any of its members or affiliate organisations or licensees;
- 1.3 It is the personal responsibility of Athletes , Athlete Support Personnel and Classification Personnel to acquaint themselves with all of the requirements of these Rules, the IPC Classification Code (see IPC Handbook, Section 2, Chapter 1.3) and the other sections of the IPC Handbook that apply to Classification, including the IPC Position Statement on Background and Scientific Rationale for Classification in Paralympic Sport (see IPC Handbook, Section 2, Chapter 4.4)

### International Classification

- 1.4 Athlete Evaluation that is conducted in full compliance with these Rules is referred to as International Classification. IPC Powerlifting will only recognise Sport Class and Sport Class Status if allocated by way of International Classification.
- 1.5 IPC Powerlifting will provide Athletes with an opportunity to undertake International Classification by appointing Classifiers certified pursuant to Article Two to conduct Athlete Evaluation at Recognised Competitions, and by providing reasonable notice of such International Classification opportunities to Athletes and National Bodies.
- 1.6 An Athlete will only be permitted to undergo International Classification if he or she:
  - 1.6.1 Is registered and/ or licensed with IPC Powerlifting pursuant to the relevant provisions in the IPC Powerlifting Rules and Regulations, and
  - 1.6.2 Has been entered in a Recognised Competition where International Classification is to take place.



### **Interpretation, Commencement and Amendment**

- 1.7 These Rules shall be interpreted and applied at all times in a manner that is consistent with the IPC Classification Code.
- 1.8 These Rules shall come into full force and effect on the Effective Date as specified by IPC Powerlifting.
- 1.9 Amendments to these Rules shall be approved and shall come into effect in the manner prescribed by IPC Powerlifting. IPC Powerlifting may at any time amend, update or otherwise alter the text, meaning and effect of the Appendices independently of these Rules.





## 2 Article Two – Classification Personnel

- 2.1 Classification Personnel are fundamental to the effective implementation of these Rules. This Article Two explains how IPC Powerlifting Classification Personnel assist in the delivery of classification under these Rules.

### Classification Personnel

- 2.2 IPC Powerlifting should appoint the following Classification Personnel, each of whom will have a key role in the administration, organisation and execution of classification for IPC Powerlifting:

#### 2.3 Head of Classification

- 2.3.1 The Head of Classification for IPC Powerlifting will be appointed by IPC Powerlifting to be responsible for the direction, administration, coordination and implementation of all classification matters for IPC Powerlifting.
- 2.3.2 IPC Powerlifting may delegate the role of Head of Classification to a nominated person or group of persons, such persons being identified publicly as such by IPC Powerlifting.
- 2.3.3 The Head of Classification in conjunction with IPC Powerlifting Management is responsible for appointing Classification Panel(s) that will conduct International Classification at Recognised Competitions.

#### 2.4 Classifiers

- 2.4.1 A Classifier is a person authorised and certified by IPC Powerlifting as being competent to conduct Athlete Evaluation. IPC Powerlifting will specify from time to time the means by which it shall certify Classifiers.
- 2.4.2 IPC Powerlifting Classifiers are required, as appropriate, to assist in the research, development and clarification of the Classification Rules and Sport Class profiles for IPC Powerlifting; participate in Classifier workshops arranged by IPC Powerlifting and/or the IPC from time to time; and attend such Classifier training as requested from time to time by the IPC Powerlifting.
- 2.4.3 The Head of Classification may be appointed as Classifier and/ or Chief Classifier.

#### 2.5 Chief Classifiers

- 2.5.1 A Chief Classifier is a Classifier who is appointed by IPC Powerlifting to act as the



senior Classifier present at a specific IPC Powerlifting Recognised Competition.

2.5.2 A Chief Classifier is responsible for the direction, administration, co-ordination and implementation of classification matters at a Competition. In particular, a Chief Classifier may be required by IPC Powerlifting to do the following:

2.5.2.1 Identify those Athletes who will be competing at that Competition who will require Athlete Evaluation;

2.5.2.2 Supervise Classifiers to ensure that the Rules are applied appropriately during a specific Competition;

2.5.2.3 Manage the Protest process as required by Article Seven.

2.5.2.4 Liaise with the relevant Competition organiser to ensure that all travel, accommodation and other logistics are arranged in order that Classifiers may carry out their duties at the Competition;

## 2.6 Trainee Classifiers

2.6.1 IPC Powerlifting may appoint Trainee Classifiers in order that they may be certified as a Classifier.

2.6.2 A Trainee Classifier may actively participate in or observe Athlete Evaluation under supervision of a Classification Panel in order to develop the necessary competencies and proficiencies so as to be certified by IPC Powerlifting as a Classifier. They will be required to perform any such other duties as IPC Powerlifting requires.

## Classifier Competencies, Qualifications and Responsibilities

2.7 IPC Powerlifting certifies Classifiers who have abilities and qualifications relevant to conduct Athlete Evaluation.

2.8 To be considered for certification as IPC Powerlifting Classifier, IPC Powerlifting requires Classifiers to be a certified health professional in a field relevant to the Impairment category which IPC Powerlifting at its sole discretion deems acceptable, e.g. physicians and physiotherapists.

All Classification Personnel must comply with the standards of behaviour mandated from time to time in the IPC Code of Ethics and the IPC Classifier Code of Conduct. If any Classification Personnel is found to have breached the terms of either the IPC Code of Ethics or the IPC Classifier Code of Conduct, IPC Powerlifting will have sole discretion to withdraw any applicable



certification or authorisation. IPC Powerlifting may also make such recommendations as it sees fit to IPC and any other relevant bodies as regards any certification held by the relevant Classification Personnel to act as Classification Personnel in respect of other sports.



### 3 Article Three - Classification Panels

- 3.1 A Classification Panel is a body that is appointed by IPC Powerlifting to conduct Athlete Evaluation in accordance with these Rules. A Classification Panel should be comprised of a minimum of two (2) Classifiers. If the circumstances so require, the Head of Classification may designate that a Classification Panel may consist of one suitably accredited and qualified Classifier. A Classification Panel consisting of one Classifier may only allocate a Sport Class designated with Sport Class Status Review (R) (see Article 5.11.2 below).
- 3.2 IPC Powerlifting and competition organisers will whenever possible ensure that at least two Classification Panels are able to conduct Athlete Evaluation.
- 3.3 Classification Personnel should have no relationship with any Athlete or Athlete Support Personnel present at a Competition or otherwise that might create any actual or perceived bias or Conflict of Interest. Classification Personnel must disclose to IPC Powerlifting any actual or perceived bias or Conflict of Interest that may be relevant to their appointment as a member of any Classification Panel.
- 3.4 IPC Powerlifting will wherever possible ensure that Classifiers who act as members of a Classification Panel at a Competition will not have any official responsibilities other than in connection with Athlete Evaluation.
- 3.5 A Classification Panel may seek third party expertise of any nature if it considers in its sole discretion that this would assist it in completing the process of Athlete Evaluation.



## **4 Article Four - Athlete Evaluation**

- 4.1 Athlete Evaluation is the process by which an Athlete is assessed by a Classification Panel in order that the Athlete may be allocated a Sport Class and a Sport Class Status.

### **Athlete Evaluation Process**

- 4.2 The Athlete Evaluation process may encompass the following:
  - 4.2.1 Physical Assessment: The Classification Panel should conduct a Physical Assessment of the Athlete, so as to establish that the Athlete has an Eligible Impairment that meets the relevant Minimum Disability Criteria; and/ or
  - 4.2.2 Technical Assessment: The Classification Panel should conduct a Technical Assessment of the Athlete which may include, but is not limited to, an assessment of the Athlete's ability to perform, in a non-competitive environment, the specific tasks and activities that are part of the sport in which the Athlete participates; and/ or
- 4.3 The means by which Physical and Technical are to be conducted are specified in the Appendices to these Rules.

### **Athlete Evaluation Requirements**

- 4.4 The following requirements apply to Athlete Evaluation:
  - 4.4.1 The Athlete and his or her National Body are jointly responsible for ensuring that the Athlete attends Athlete Evaluation.
  - 4.4.2 Athlete Evaluation and its associated processes will be conducted in English. If the Athlete and/or the Athlete Support Personnel require an interpreter, the National Body will be responsible for arranging the attendance of an interpreter.
  - 4.4.3 One person (in addition to any required interpreter) may accompany an Athlete during Athlete Evaluation. This person should be familiar with the Athlete's Impairment and sporting history and must be a member of the Athlete's National Body or must be otherwise authorised in advance by the Chief Classifier to attend the Athlete's Athlete Evaluation.
  - 4.4.4 The Athlete must accept the terms of the IPC Powerlifting Evaluation Consent



Form prior to participating in Athlete Evaluation. The Athlete must provide identification, such as a passport, ID Card, IPC Powerlifting License Card or Accreditation that verifies the Athlete's identity to the satisfaction of the Classification Panel.

- 4.4.5 The Athlete must attend Athlete Evaluation with all sports equipment and attire used in competition.
- 4.4.6 The Athlete must attend Athlete Evaluation with all relevant medical documentation (in English or with a certified English translation), including but not limited to medical reports, medical records and diagnostic information, which relate to the Athlete's Impairment.
- 4.4.7 The Athlete must disclose either prior to, or at, Athlete Evaluation details of any medication used by the Athlete.
- 4.4.8 The Classification Panel may use video footage and/or any other records (including pre-existing video footage and/or records) to assist it in carrying out Athlete Evaluation. In addition, the Classification Panel may video-record any part of Athlete Evaluation if it considers that such recording is necessary to enable it to complete Athlete Evaluation. Any such recording will be used for the purposes of Athlete Evaluation only and may be used for research and education purposes with the Athlete's prior consent.
- 4.4.9 The Classification outcomes will be published at the Competition by the Chief Classifier or a person authorised by the Chief Classifier.

### **Failure to Attend Athlete Evaluation**

- 4.5 If an Athlete is required to attend Athlete Evaluation, but fails to do so, the Classification Panel will report the fact of the non-attendance to the Chief Classifier. The Chief Classifier may, if satisfied that a reasonable explanation exists for the failure to attend Athlete Evaluation, specify a revised time and date for Athlete Evaluation at the relevant Competition.
- 4.6 If the Athlete fails to attend Athlete Evaluation on this second occasion, or is, in view of the Chief Classifier, unable to provide a reasonable explanation of his or her non-attendance, the Athlete will not be permitted to compete at the relevant Competition.



## **Suspension of Athlete Evaluation**

- 4.7 A Classification Panel may suspend Athlete Evaluation in one or more of the following circumstances:
- 4.7.1 if the Athlete fails to meet any of the requirements detailed in these Rules for attendance at Athlete Evaluation (see Article 4.4 above);
  - 4.7.2 if the Classification Panel considers that the use (or non-use) of any medication disclosed by the Athlete will affect its ability to conduct Athlete Evaluation in a fair manner;
  - 4.7.3 if an Athlete fails to produce sufficient medical documentation and the Classification Panel considers that the absence of such medical documentation will affect its ability to conduct Athlete Evaluation in a fair manner;
  - 4.7.4 if an Athlete has a health condition (of any nature or description) that limits or prohibits the Athlete from complying with requests made by the Classification Panel during the course of Athlete Evaluation, which the Classification Panel considers will affect its ability to conduct Athlete Evaluation in a fair manner (e.g. pain);
  - 4.7.5 if an Athlete refuses to comply with any reasonable instructions given to him or her by a Classification Panel (or a Chief Classifier or the relevant Head of Classification) during the course of Athlete Evaluation to an extent that Classification Panel considers that this means it cannot conduct Athlete Evaluation in a fair manner. Such behavior shall be referred to as a case of Non-Cooperation. (see IPC Classification Code, Article 10);
  - 4.7.6 if an Athlete's presentation of his or her abilities is inconsistent with other information made available to the Classification Panel to the extent that the Classification Panel considers that this means it cannot conduct Athlete Evaluation in a fair manner.
- 4.8 If a Classification Panel suspends an Athlete Evaluation the following steps will be taken:
- 4.8.1 the Classification Panel will explain the reason for the suspension to the Athlete and the Athlete's National Body and detail the remedial action that is required on the part of the Athlete.
  - 4.8.2 the Classification Panel will report the fact of the suspension to the Chief Classifier. The Chief Classifier will specify a time and date for resumption of the





Athlete Evaluation on the condition that the Athlete takes the remedial action specified by the Classification Panel.

- 4.9 If the Athlete attends Athlete Evaluation having taken the remedial action to the Classification Panel's satisfaction, the Classification Panel will attempt to complete the Athlete Evaluation and allocate a Sport Class and Sport Class Status. This procedure will be subject to the Classification Panel's right to further suspend Athlete Evaluation according to Article 4.7.
- 4.10 If the Athlete fails to take the remedial action required to the Classification Panel's satisfaction and within the time specified by the Chief Classifier, the Classification Panel will terminate the Athlete Evaluation and IPC Powerlifting will designate the Athlete as being "Classification Not Completed" (CNC) within the Classification Master List for IPC Powerlifting. This designation will preclude the Athlete from competing at any Competition until Athlete Evaluation is completed. IPC Powerlifting will stipulate from time to time how this designation impacts on performance recognition.
- 4.11 The Athlete and/ or Athlete Support Personnel may be subject to further investigation regarding Intentional Misrepresentation pursuant to Article Nine.



## 5 Article Five - Sport Class and Sport Class Status

- 5.1 A Sport Class is a sporting competition category that is allocated to an Athlete following Athlete Evaluation. It is allocated based on the existence of an Eligible Impairment and compliance with the Minimum Disability Criteria, and the degree to which Impairment impacts upon sport performance.

### Sport Class

- 5.2 A Sport Class will be allocated to an Athlete by a Classification Panel following Athlete Evaluation. A Sport Class cannot be allocated to an Athlete in any other circumstances.
- 5.3 The decision of the Classification Panel to allocate a Sport Class is final and subject to challenge only as prescribed in Article Seven and Article Eight of these Rules.
- 5.4 A Sport Class that enables an Athlete to compete in the sport of IPC Powerlifting will be allocated if that Athlete has an Eligible Impairment that complies with the Minimum Disability Criteria set by IPC Powerlifting. The requirements regarding Eligible Impairment and Minimum Disability Criteria are detailed in the Appendices to these Rules.
- 5.5 If an Athlete does not have an Eligible Impairment or has an Eligible Impairment that does not comply with the Minimal Disability Criteria, he or she will not be eligible to compete within the sport of IPC Powerlifting. If an Athlete is not eligible to compete he or she will be allocated Sport Class “Not Eligible” (see Article Six).
- 5.6 The Sport Class allocated to the Athlete will be in accordance with the Sport Class designations as explained in the Appendices to these Rules.

### Sport Class Status

- 5.7 An Athlete’s Sport Class Status indicates whether or not an Athlete will be required to undertake Athlete Evaluation again in the future, and whether (and by what party) the Athlete’s Sport Class may be subject to challenge by way of Protest as prescribed in Article Seven of these Rules.
- 5.8 The Sport Class Status designated to an Athlete will be one of the following:
- Sport Class New (N)
  - Sport Class Review (R)



- Sport Class Confirmed (C)

## 5.9 Athletes with Sport Class Status New (N)

- 5.9.1 An Athlete will be designated with Sport Class Status New (N) if a National Body has allocated an Entry Sport Class to him or her, and the Athlete has not completed International Classification yet.
- 5.9.2 An Athlete who has been designated with Sport Class Status New (N) must complete Athlete Evaluation prior to competing at any IPC Powerlifting Recognised Competition where Classification is offered.

## 5.10 Athletes with Sport Class Status Review (R)

- 5.10.1 A Classification Panel will designate an Athlete with Sport Class Status Review (R) if he or she has completed Athlete Evaluation and been allocated a Sport Class, but the Classification Panel believes that further Athlete Evaluation will be required before the Athlete can be designated as Sport Class Confirmed (C). This may be, for a range of reasons, for example, because the Athlete has a fluctuating and/or progressive Impairment(s), or, given his or her age, has Impairment(s) that may not have stabilised.
- 5.10.2 Any Athlete who has been allocated Sport Class Not Eligible (NE) will be designated with Sport Class Review (R) if that Athlete is entitled to a further Athlete Evaluation under these Rules (see Article Six).
- 5.10.3 An Athlete who has been designated with Sport Class Status Review (R) must complete Athlete Evaluation prior to competing at a Recognised Competition where Classification is offered, save where the provisions in these Rules relating to the Fixed Review Date apply (see Articles 5.12-15).
- 5.10.4 The Sport Class of any Athlete with Sport Class Status Review (R) may be subject to Protest by a National Body as prescribed in Article Seven of these Rules.

## 5.11 Athletes with Sport Class Status Confirmed (C)

- 5.11.1 A Classification Panel will designate an Athlete with Sport Class Confirmed (C) if he or she has completed Athlete Evaluation and has been allocated a Sport Class, and the Classification Panel is satisfied that the Athlete's Impairment and/or Activity Limitations are sufficiently stable so that the Athlete can be allocated Sport Class Status Confirmed.
- 5.11.2 Sport Class Status Confirmed may not be allocated if the Classification Panel consists of one Classifier only.



- 5.11.3 Any Athlete who has been allocated Sport Class Not Eligible (NE) will be designated with Sport Class Confirmed (C) if that Athlete is not entitled to a further Athlete Evaluation under these Rules (see Article Six).
- 5.11.4 An Athlete who has been designated with Sport Class Status Confirmed (C) is not required to undergo Athlete Evaluation prior to competing at any Competition.
- 5.11.5 The Sport Class of any Athlete who enters a Competition with Sport Class Status Confirmed (C) may be subject to Protest pursuant to the provisions in Articles 7.24-7.26 of these Rules relating to Protests under Exceptional Circumstances.

#### **Fixed Review Date**

- 5.12 A Classification Panel that allocates Sport Class Status Review may also, if it considers it appropriate to do so, nominate a “Fixed Review Date”.
- 5.13 If a Fixed Review Date is set in this manner, then
  - 5.13.1 the Athlete will not be required to attend Athlete Evaluation at any competition prior to the Fixed Review Date; and
  - 5.13.2 The Athlete will retain the Sport Class assigned to that Athlete and be permitted to compete with that Sport Class.
- 5.14 The Athlete may, at his or her own request, attend Athlete Evaluation before the Fixed Review Date pursuant to the Medical Review Process described in these Rules (see Articles 5.19-5.24).
- 5.15 The Fixed Review Date will be the first day (1 January) of the Competition Season indicated by the Classification Panel or an alternative date set by the Classification Panel.

#### **Changes to Sport Class criteria**

- 5.16 If IPC Powerlifting changes any Sport Class criteria and/ or assessment methods defined in the Appendices to these Rules, then –
  - 5.16.1 IPC Powerlifting may re-assign any Athlete with Sport Class Status Confirmed with Sport Class Status Review in order for the Athlete to undergo Athlete Evaluation; or
  - 5.16.2 IPC Powerlifting may remove the Fixed Review Date for any Athlete in order for the



Athlete to undergo Athlete Evaluation at the earliest available opportunity.

- 5.17 In both instances the relevant National Body shall be informed as soon as is practicable.

### **Errors regarding Sport Class Status**

- 5.18 If the Head of Classification believes on reasonable grounds that an Athlete has been designated with a Sport Class Status in manifest error and/or clear breach of these Rules, he or she shall
- 5.18.1 advise the Athlete and the relevant National Body or Bodies as to the error or breach that has taken place with a brief statement of the reasons for that belief; and
  - 5.18.2 immediately amend the Athlete's Sport Class Status, and advise the Athlete and the relevant National Body or Bodies. IPC Powerlifting will make the appropriate amendment to the Classification Master List.

### **Medical Review: Application to undergo Athlete Evaluation**

- 5.19 An Athlete who has reason to believe that his or her Impairment and Activity Limitations are no longer consistent with the profile for his or her Sport Class should have his or her Sport Class reviewed. The means by which this can take place is referred to in these Rules as "the Medical Review Process" and the means by which a request for such review is referred to as "a Medical Review Request".
- 5.20 A National Body must make a Medical Review Request. A Medical Review Request cannot be made by an Athlete.
- 5.21 A Medical Review Request may be made if an Athlete has been allocated:
- 5.21.1 A Sport Class with Sport Class Status Confirmed (C), or
  - 5.21.2 A Sport Class with Sport Class Status Review (R), if the Athlete has been allocated a Fixed Review Date
- 5.22 A Medical Review Request must be made by completing the IPC Medical Review Request Form and by following its instructions. The Athlete and his or her NPC must ensure that the Medical Review Request abides by the following provisions:
- 5.22.1 it must explain that the Athlete's relevant Impairment has changed since the last



Athlete Evaluation to an extent that the Athlete's Sport Class might not be accurate anymore;

5.22.2 it must be completed by an appropriately qualified health professional and include all relevant supporting documentation in English or with a certified English translation;

5.22.3 a non-refundable fee must be paid.

5.23 Each Medical Review Request will be assessed by IPC Powerlifting to ensure that all requisite information, documentation and fee have been provided. Once the Medical Review Request is complete, the Head of Classification will, in conjunction with such third parties as he or she considers appropriate, decide whether or not the Medical Review Request should be upheld.

5.24 If the Medical Review Request is upheld the Athlete's Sport Class Status will be amended from Confirmed to Review; or the Athlete's Fixed Review Date will be set aside; and the Athlete will be requested to undertake Athlete Evaluation at the next available opportunity.



## **6 Article Six - Rules Regarding Athletes who are Not Eligible**

- 6.1 An Athlete must have an Eligible Impairment, and that Eligible Impairment must comply with the Minimal Disability Criteria set by IPC Powerlifting in order to be eligible to compete. If a Classification Panel determines that an Athlete does not have such Eligible Impairment, and/or that Eligible Impairment does not comply with the Minimal Disability Criteria, that Athlete will not be eligible to compete.
- 6.2 If a Classification Panel determines that an Athlete is not eligible to compete the Athlete will be allocated Sport Class Not Eligible (NE).
- 6.3 If a Classification Panel allocates an Athlete Sport Class Not Eligible (NE) the Athlete will be required to undergo a second Athlete Evaluation by a second separate Classification Panel either at that Competition or as soon as practicable thereafter. Pending this second assessment the Athlete will be allocated Sport Class Not Eligible (NE) and designated with Sport Class Status Review (R). The Athlete will not be permitted to compete before such re-assessment.
- 6.4 If there is no opportunity for a separate Athlete Evaluation to be undertaken at that Competition, IPC Powerlifting will take all reasonable steps to ensure the second Athlete Evaluation is undertaken at the earliest opportunity.
- 6.5 If a second Classification Panel confirms that the Athlete is not eligible the Athlete will not be permitted to compete at that Competition or any future Competitions. The Athlete will be allocated Sport Class Not Eligible (NE) with Sport Class Status Confirmed and there is no further right to Protest unless made under Exceptional Circumstances pursuant to Articles 7.24-7.26.
- 6.6 A National Body may request that an Athlete with Sport Class Not Eligible (NE) with Sport Class Status Confirmed (C) undertakes Athlete Evaluation, but only by way of a Medical Review Request as defined in these Rules.
- 6.7 While an Athlete with Sport Class NE will be not eligible to compete within the sport of IPC Powerlifting, it will not affect his or her ability to compete in other Para-sports, subject to their rules on Classification.
- 6.8 If an Athlete is allocated Sport Class Not Eligible, this does not question the presence of a genuine Impairment. It is only a ruling on the eligibility of the Athlete to compete in the sport of IPC Powerlifting.





## 7 Article Seven - Protests

- 7.1 The term “Protest” is used in these Rules refers to the procedure by which a formal objection to the allocation of a Sport Class is made and subsequently resolved.
- 7.2 A National Body may make a Protest in respect of a Sport Class of any Athlete who entered the relevant Competition where Classification is offered with either Sport Class Status New (N) or Sport Class Status Review (R).
- 7.3 The decision that is the subject of the Protest is referred to in this part of the Rules as “the Protested Decision”, and the Athlete in respect of whose Sport Class the Protest is made is referred to as “the Protested Athlete”.
- 7.4 No National Body may make a Protest in respect of any Athlete who entered the relevant Competition with Sport Class Status Confirmed (C).
- 7.5 The Chief Classifier for the relevant Competition may make a Protest in respect of any Athlete regardless of their Sport Class Status pursuant to the provisions contained in these Rules regarding Protests under Exceptional Circumstances (see Articles 7.24-7.26).
- 7.6 An Athlete's Sport Class may only be protested once in any individual Competition, unless an additional Protest is made pursuant to the provisions concerning Protests made in Exceptional Circumstances.
- 7.7 The National Body making a Protest is responsible for ensuring that all Protest process requirements are observed.

### Protests submissions

- 7.8 A Protest may only be submitted by a National Body, an Athlete cannot submit a Protest.
- 7.9 The Chief Classifier, or a person designated by IPC Powerlifting for the relevant Competition, will be the person authorised to receive Protests on behalf of IPC Powerlifting.
- 7.10 If a Classification decision is published during the Classification Evaluation Period, the National Body must make a Protest within one (1) hour of the Classification decision being published.
- 7.11 Protests must be made by way of a designated Protest Form that will be made available by IPC Powerlifting at the relevant Competition. The Protest Form will



prescribe certain information and documentation that must be submitted with the Protest form. This will include the following:

- 7.11.1 Name, Nation and Sport of the Athlete whose Sport Class is being protested;
  - 7.11.2 The details of the Protested Decision;
  - 7.11.3 An explanation as to why the Protest has been made and the basis on which the National Body believes that the Protested Decision is flawed;
  - 7.11.4 All documents and other evidence referred to in the Protest;
  - 7.11.5 The signature of the authorised National Body; and
  - 7.11.6 A Protest Fee of 150EUR.
- 7.12 Upon receipt of the Protest Form the Chief Classifier will conduct a review of the Protest submission. If it appears to the Chief Classifier that the Protest is not made bona fide or is based on mere assertion without credible supporting evidence and/ or the Protest submission is otherwise not in compliance with these Rules, the Chief Classifier shall decline the protest and notify all relevant parties. In such cases the Chief Classifier shall provide a written explanation to the National Body as soon as is practicable. The Protest fee will be retained by IPC Powerlifting.
- 7.13 If the Chief Classifier declines a Protest, the National Body may resubmit the Protest if it is able to remedy the deficiencies identified by the Chief Classifier in respect of the Protest. The time frames for submitting a Protest shall remain the same in such circumstances. If a National Body resubmits a Protest, all protest procedure requirements will apply. A second Protest fee must be paid.

## **Resolving a Protest**

- 7.14 If the Protest is accepted, the Chief Classifier shall appoint a Classification Panel to conduct Athlete Evaluation in respect of the Athlete. This Classification Panel is referred to as a “Protest Panel”.
- 7.15 A Protest Panel should comprise, at a minimum, the same number of Classifiers as those comprised in the Classification Panel that made the Protested Decision. Only if practicable given all the circumstances of the Competition, the Protest Panel should comprise Classifiers of equal or greater level of experience and/or certification as who comprised the Classification Panel that made the Protested Decision.
- 7.16 The Protest Panel must not include any person who was a Member of the



Classification Panel that made the Protest Decision. Further, it should not include any person who has been a Member of any Classification Panel that has conducted any Athlete Evaluation in respect of the Protested Athlete within a period of eighteen (18) months prior to the date of the Protest Decision.

- 7.17 IPC Powerlifting will supply all documentation submitted with the Protest Form to the Protest Panel. The Chief Classifier will notify all relevant parties of the time and date for the Athlete Evaluation that will be conducted by the Protest Panel.
- 7.18 The Protest Panel will conduct Athlete Evaluation in respect of the Protested Athlete according to the provisions concerning Athlete Evaluation in these Rules.
- 7.19 The Protest Panel may make enquires of the Classification Panel that made the Protested Decision and the Chief Classifier, if such enquiries will enable the Protest Panel to complete Athlete Evaluation in a fair and transparent manner. In addition, it may seek medical, sport, technical or scientific expertise in its conduct of Athlete Evaluation.
- 7.20 The Protest Panel will conclude Athlete Evaluation and, if appropriate, allocate a Sport Class. All relevant parties shall be notified of the Protest Panel's decision as quickly as possible following Athlete Evaluation.
- 7.21 If the Protest is upheld and the Sport Class of the Athlete is changed by the Protest Panel, the Protest Fee will be refunded to the National Body. If the Protest is not upheld and if the Sport Class of the Athlete is not changed by the Protest Panel, the Protest fee will be retained by IPC Powerlifting.
- 7.22 The decision of the Protest Panel is final and is not subject to any further Protest. According to Article 6.3, the Athlete is given the opportunity to a re-assessment if the Sport Class allocated by the Protest Panel is Not Eligible.
- 7.23 The consequences of an Athlete changing Sport Class after the resolution of a Protest during Competition on medals, records and results are detailed in the Model of Best Practice on Sport Class Changes following First Appearance (IPC Handbook, Section 2, Chapter 1.3).

### **Protests under Exceptional Circumstances**

- 7.24 A Protest in Exceptional Circumstances may be made in respect of an Athlete if the Chief Classifier believes that because of exceptional circumstances, the Athlete should undertake Athlete Evaluation in order that his or her Sport Class may be



reviewed.

7.25 Examples of exceptional circumstances that may arise that may warrant an Athlete participating in Athlete Evaluation include, but are not limited to:

- 7.25.1 An obvious and permanent change in the degree of Impairment of an Athlete;
- 7.25.2 An Athlete demonstrating significantly less or greater ability prior to or during Competition which does not reflect the Athlete's current Sport Class;
- 7.25.3 An error made by a Classification Panel which has led to the Athlete being allocated a Sport Class which is not in keeping with the Athlete's ability; or
- 7.25.4 Sport Class allocation criteria having changed since the Athlete's most recent evaluation.

7.26 The procedure for the making of a Protest in Exceptional Circumstances shall be as follows:

- 7.26.1 The Chief Classifier shall advise the Athlete and relevant National Body that a Protest is being made in Exceptional Circumstances;
- 7.26.2 The Chief Classifier will provide a written summary of the reasons for the making of the Protest, which at a minimum shall explain why the Chief Classifier believes that the Athlete's Sport Class appears to be inconsistent with the Athlete's perceived Impairment(s) and/or Activity Limitation(s) and/ or with these Rules;
- 7.26.3 The Athlete's Sport Class Status will be amended to Review (R) with immediate effect;
- 7.26.4 The process for making such a Protest shall be the same as that stated in these Rules in respect of Protests made by National Bodies save that the Chief Classifier is not required to pay a Protest fee.

### **Provisions Where No Protest Panel is Available**

7.27 If a Protest is made and accepted at a Competition, but there is no opportunity for the Protest to be resolved at that Competition (because, for example, it is not possible to form an appropriately constituted Protest Panel), the following provisions will apply:

- 7.27.1 If the Athlete has been allocated Sport Class Status Confirmed (C), that will be amended to Sport Class Status Review (R);
- 7.27.2 The Athlete will be permitted (or required) to compete in his or her current Sport



Class, pending the resolution of the Protest;

- 7.27.3 IPC Powerlifting will take all reasonable steps to ensure that the Protest is resolved at the earliest opportunity, for example, at the next Competition that the Athlete intends competing at and where International Classification is offered.



## 8 Article Eight – Appeals

- 8.1 An Appeal is a formal objection to the manner in which Classification procedures have been conducted is submitted and subsequently resolved.
- 8.2 If an Athlete believes that an unfair decision has been made pursuant to these Rules, he or she may apply to have that decision set aside following the Appeal procedure.
- 8.3 A decision will be considered unfair, if it has been made in contravention of the procedures set out in these Rules at Article 3, 4, 5, 6, 7 and 8 of these Rules; and there is some manifest unfairness associated with the decision such that it should be set aside.
- 8.4 IPC Powerlifting has designated the International Paralympic Committee Board of Appeal on Classification (BAC) to act as the hearing body for all Appeals and all Athletes submitting to Athlete Evaluation irrevocably submit to the exclusive, final and binding jurisdiction of the BAC.
- 8.5 The detailed rules of procedure in respect of Appeals are provided by the IPC in the form of the IPC BAC Bylaws (see IPC Handbook, Section 1, Chapter 2.8). These Rules incorporate the IPC BAC Bylaws, and any Appeal made under these Rules must be made pursuant to the IPC BAC Bylaws.
- 8.6 The outcome of an Appeal will be that either the relevant decision is upheld, or is set aside. An Appeal decision cannot amend a Sport Class or Sport Class Status.



## **9 Article Nine – Intentional Misrepresentation**

- 9.1 Intentional Misrepresentation is a violation of these Rules, and will be investigated and potentially sanctioned as provided for in the IPC Intentional Misrepresentation Rules (IPC Handbook, Section 2, Chapter 1.3).

### **Misrepresentation during Athlete Evaluation**

- 9.2 An Athlete who intentionally misrepresents his or her skills and/or abilities and/or the degree or nature of Impairment to a Classification Panel in the course of Athlete Evaluation with the intention of deceiving or misleading that Classification Panel shall be guilty of Intentional Misrepresentation.

### **Misrepresentation after Allocation of Confirmed Sport Class**

- 9.3 If following the allocation of a Sport Class an Athlete undertakes any form of corrective treatment (a “medical intervention”), and the Athlete (or any other Participant) knows (or should know) that the medical intervention was intended to result in improved sport performance, the Athlete must provide details of that medical intervention to the IPC at the earliest reasonable opportunity. If the Athlete’s Sport Class is later changed because the Athlete’s sporting performance has improved as a result of (in whole or in part) that medical intervention, but the Athlete failed to disclose that medical intervention to IPC, the Athlete will be charged with Intentional Misrepresentation.

### **Assisting Intentional Misrepresentation**

- 9.4 Any Athlete or Athlete Support Personnel who knowingly assists, covers up or is any other way involved in any other type of complicity involving Intentional Misrepresentation shall themselves be guilty of Intentional Misrepresentation.





## 10 Glossary of Defined Terms

Term	Definition
<b>Activity Limitation</b>	Difficulties an individual may have in executing activities.
<b>Appeal</b>	A formal objection to the manner in which Classification procedures have been conducted is submitted and subsequently resolved.
<b>Athlete</b>	Any person who participates in the sport of IPC Powerlifting at either International Level (as defined by IPC Powerlifting) or National Level (as defined by a National Body) and any other additional person who participates in sport at a lower level if designated by the person's National Body.
<b>Athlete Evaluation</b>	The process by which an Athlete is assessed in accordance with these Rules.
<b>Athlete Support Personnel</b>	Any coach, trainer, manager, interpreter, agent, team staff, official, medical or paramedical personnel working with or treating Athletes participating in or preparing for training and/or Competition.
<b>Classification</b>	A structure for Competition to ensure that an Athlete's Impairment is relevant to sport performance, and to ensure that the Athlete competes equitably with other Athletes.
<b>Classification Evaluation Period</b>	The timeframe prior to the commencement of Events at a Competition within which Physical and Technical Assessment typically takes place.
<b>Classification Master List</b>	The list, made available by IPC Powerlifting that identifies the Athletes that participated in International Classification.
<b>Classification Panel</b>	A group of Classifiers appointed by IPC Powerlifting to determine Sport Class and Sport Class Status in accordance with these Rules.
<b>Classification Personnel</b>	All persons involved in or associated with the process of Athlete Evaluation, including the Head of Classification, Classifiers, Chief Classifiers and Trainee Classifiers.
<b>Classifier</b>	A person authorised by IPC Powerlifting to evaluate Athletes as a member of a Classification Panel.



<b>Competition</b>	A series of individual Events conducted together under the jurisdiction of IPC Powerlifting.
<b>Competition Season</b>	The timeframe within which Competitions are held for a particular sport. For summer sports, the Competition Season runs from January 1 of a calendar year until December 31 of the same calendar year. For winter sports, the Competition Season runs from July 1 of a calendar year until June 30 of the next calendar year.
<b>Conflict of Interest</b>	A conflict of interest will arise where a pre-existing personal or professional relationship gives rise to the possibility of that relationship affecting the Classifier's ability to make an objective decision or assessment.
<b>Effective Date</b>	The date upon which these Rules come into force.
<b>Eligible Impairment</b>	An Eligible Impairment is an Impairment the existence of which is a pre-requisite for an Athlete to meet the Minimum Disability Criteria for the sport of IPC Powerlifting.
<b>Entry Sport Class</b>	A Sport Class allocated to an Athlete by a National Body prior to an IPC Powerlifting Competition to indicate the Sport Class with which the Athlete intends to compete. An Entry Sport Class is an estimate and has no binding effect upon either the Athlete or the body responsible for organising and managing the relevant Competition.
<b>Event</b>	A sub-set of a Competition that requires specific technical and sporting skills.
<b>Fixed Review Date</b>	<p>A date prior to which an Athlete who has been designated with Sport Class Status Review (R) will not be required to undertake Athlete Evaluation, regardless of whether or not that Athlete competes at any Competition.</p> <p>Unless otherwise specified by the Classification Panel, the Fixed Review Date is the first day of the Competition Season of IPC Powerlifting, i.e. 1 January for summer sports and 1 July for winter sports.</p>
<b>Head of Classification</b>	A Classifier responsible for all direction, administration, co-ordination and implementation of Classification matters for IPC Powerlifting.
<b>Impairment</b>	Problems in body function or structure such as a significant deviation or loss.



<b>Intellectual Impairment</b>	A type of Impairment, which is defined as a limitation in intellectual functioning and adaptive behaviour as expressed in conceptual, social and practical adaptive skills. This impairment originates before the age of 18.
<b>International Classification</b>	Athlete Evaluation that is conducted in full compliance with these Rules.
<b>IPC</b>	International Paralympic Committee
<b>IPC Classification Code</b>	The IPC Classification Code 2007 and accompanying International Standards and any subsequent version or versions of the same.
<b>IPC Classifier Code of Conduct</b>	A set of rules to outline the responsibilities, to guide behaviour and decisions and to identify best practice for an individual Classifier, which is part of the IPC Classification Code International Standard of Classifier Training.
<b>IPC Code of Ethics</b>	The ethical standard that will be applied consistently within the Paralympic Movement, and will be applicable to all IPC sanctioned Events, Competitions and activities.
<b>IPC Handbook</b>	The IPC Handbook is the primary governance instrument for the IPC in its capacity as both an International Federation and the ruling body for the Summer and Winter Paralympic Games. All persons who are subject to the jurisdiction of the IPC are required to abide by its provisions.
<b>Medical Intervention</b>	Any intervention such as surgery, pharmacological intervention or other treatment, which affects the Athlete's Eligible Impairment
<b>Medical Review</b>	The process by which an Athlete can apply to IPC Powerlifting to undergo Athlete Evaluation, in order that the Athlete's Sport Class may be reviewed to ensure that the Athlete's Sport Class remains a fair allocation.
<b>Minimum Disability Criteria</b>	The standards set by IPC Powerlifting in relation to the degree of Eligible Impairment that must be present in order that an Athlete is deemed to be eligible to compete in the sport of IPC Powerlifting.
<b>National Body</b>	A team entity of which an Athlete is a member. Such an entity may be National Federation, National Paralympic Committee or other representative team body.



<b>Not Eligible</b>	Consequence of not meeting the eligibility criteria.
<b>Observation Assessment</b>	The means by which a Classification Panel may complete Athlete Evaluation, if it considers that the only fair way in which it can complete Athlete Evaluation is to observe the Athlete performing the specific skills associated with the sport of IPC Powerlifting either prior to or during an Event.
<b>Physical Assessment</b>	The means by which a Classification Panel will determine whether or not an Athlete has an Eligible Impairment and whether that Eligible Impairment complies with the Minimum Disability Criteria.
<b>Physical Impairment</b>	A group of Eligible Impairments affecting an Athlete's biomechanical execution of sporting activities, comprising ataxia, athetosis, hypertonia, impaired muscle power, impaired range of movement, limb deficiency, leg length difference and short stature.
<b>Protest</b>	The procedure by which a formal objection to an Athlete's Sport Class is submitted and subsequently resolved.
<b>Protest Panel</b>	A Classification Panel formed to conduct Athlete Evaluation in respect of an Athlete's Sport Class, where that Sport Class is the subject of a Protest.
<b>Recognised Competition</b>	An umbrella term for IPC Powerlifting Competitions, IPC Powerlifting Sanctioned Competitions and IPC Powerlifting Approved Competitions as defined in the IPC Powerlifting Rules and Regulations.
<b>Sport Class</b>	A category defined by IPC Powerlifting in which Athletes are categorised by reference to an Activity Limitation resulting from impairment.
<b>Sport Class Status</b>	A Category allocation to each Athlete to indicate evaluation requirements and Protest opportunities.
<b>Technical Assessment</b>	The assessment of an Athlete's ability to perform the tasks and activities required to participate in the sport of IPC Powerlifting.
<b>Tracking Code</b>	A temporary designation applied to a Sport Class that indicates that a Sport Class is subject to final determination after Observation Assessment has taken place.
<b>Visual Impairment</b>	An Impairment of the eye structure, optical nerves or optical pathways, or visual cortex of the central brain, which adversely affect an Athlete's vision.



## Appendix One: Eligibility Criteria and Sport Classes

### 1 Eligibility

- 1.1 IPC Powerlifting offers competition for Athletes with certain Physical Impairments. IPC Powerlifting has only one Sport Class, which is based on whether an Athlete is “eligible” or not.
- 1.2 An Athlete is eligible for IPC Powerlifting if he or she meets the below criteria:
  - 1.2.1 the Athlete demonstrates one of the Eligible Impairments defined in Article 1.3 of this Appendix; and
  - 1.2.2 The Athlete’s Eligible Impairment meets the Minimum Disability Criteria defined in Article 1.6 of this Appendix.

#### Eligible Impairments

- 1.3 The following Impairments are Eligible Impairments in IPC Powerlifting:

Impairment type	ICF Function Code and Description	Examples of health conditions likely to cause the Impairment
Hypertonia	<p><b>B735 Functions related to the tension present in the resting muscles and the resistance offered when trying to move the muscles passively.</b></p> <p>Includes functions associated with the tension of isolated muscles and muscle groups, muscles of one limb, one side of the body and the lower half of the body, muscles of all limbs, muscles of the trunk, and all muscles of the body; Impairments such as hypotonia, hypertonia and muscle spasticity.</p>	Cerebral palsy, stroke, acquired brain injury, multiple sclerosis



<b>Ataxia</b>	<p><b>B760 Functions associated with control over and co-ordination of voluntary movements</b></p> <p>Functions of control of simple voluntary movements and of complex voluntary movements, co-ordination of voluntary movements, supportive functions of arm or leg, right left motor co-ordination, eye hand co-ordination, eye foot co-ordination, Impairments such as control and co-ordination problems.</p>	Ataxia resulting from cerebral palsy, brain injury, Friedreich's ataxia, multiple sclerosis, spinocerebellar ataxia
<b>Athetosis</b>	<p><b>B7650 Functions of unintentional, non or semi-purposive involuntary contractions of a muscles group of muscles, such as those involved as part of a psychological dysfunction.</b></p> <p>Includes Impairments such as choreatic and athetotic movements; sleep-related movement disorders.</p>	Chorea, athetosis e.g., from cerebral palsy
<b>Limb deficiency</b>	<p><b>s720: Structure of shoulder region; s730: Structure of upper extremity; s740: Structure of pelvic region; s750: Structure of lower extremity</b></p> <p>In particular total or partial absence of the bones or joints of the shoulder region, upper extremities, pelvic region or lower extremities.</p>	Amputation resulting from trauma or congenital limb deficiency (dysmelia).
<b>Impaired Passive Range of Movement (PROM)</b>	<p><b>b7100 Mobility of a single joint</b></p> <p>Functions of the range and ease of movement of one joint.</p>	Arthrogryposis, ankylosis, scoliosis



	<p><b>b7101 Mobility of several joints</b> Functions of the range and ease of movement of more than one joint.</p> <p><b>b7102 Mobility of joints generalised</b> Functions of the range and ease of movement of joints throughout the body.</p>	
<b>Impaired muscle power</b>	<p><b>b730 Muscle power functions</b> Functions related to the force generated by the contraction of a muscle or muscle groups.</p> <p>Inclusions: functions associated with the power of specific muscles and muscle groups, muscles of one limb, one side of the body, the lower half of the body, all limbs, the trunk and the body as a whole; Impairments such as weakness of small muscles in feet and hands, muscle paresis, muscle paralysis, monoplegia, hemiplegia, paraplegia, quadriplegia and akinetic mutism</p>	Spinal cord injury, muscular dystrophy, brachial plexus injury, Erb palsy, polio, Spina bifida, Guillain-Barré syndrome
<b>Leg length difference</b>	<p><b>S75000 Bones of thigh;</b> <b>S75010 Bones of lower leg</b> <b>S75020 Bones of ankle and foot</b></p> <p>Aberrant dimensions of bones of right lower limb OR left lower limb</p> <p><i>Inclusions:</i> shortening of bones of one lower limb <i>Exclusions:</i> shortening of bones of both lower limbs; any increase in dimensions</p>	Congenital or traumatic causes of bone shortening in one leg





<b>Short stature</b>	<b>s730.343, s750.343, s760.349</b> Standing height is reduced due to aberrant dimensions of bones of upper and lower limbs or trunk, for example due to achondroplasia or pituitary gland dysfunction.	Achondroplasia, pituitary gland dysfunction
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\*For further information on the International Classification of Functioning (ICF) please refer to <http://www.who.int/classifications/icf/en/>.

## Non-Eligible Impairments

1.4 The following impairment types are non-eligible Impairments in IPC Powerlifting, defined by the respective ICF Reference:

- Mental functions (v140-189), including impairments of psychomotor control (b1470), quality of psychomotor functions (b1471), visuospatial perception (b1565), higher-level cognitive functions required for organization and planning movement (b1641); mental functions required for sequencing and coordinating complex, purposeful movements (b176)
- Hearing functions (b230-249)
- Pain (b280-0289)
- Joint instability (b715), including unstable shoulder joint and joint dislocation
- Muscle endurance functions (b740)
- Motor reflex functions (b750)
- Involuntary movement reaction functions (b755)
- Tics and mannerism (b7652)
- Stereotypies and motor perseveration (b7653)
- Cardiovascular functions (b410-429)
- Respiratory functions (b440-449)
- Functions related to metabolism and the endocrine system (b540-b559)
- Visual impairment (b201)



## Minimum Disability Criteria

- 1.5 To be eligible to compete with IPC Powerlifting, the Athlete's Eligible Impairment must meet the following Minimum Disability Criteria:

<b>Hypertonia, Ataxia, Athetosis</b>	<p>Athletes must demonstrate an observable involvement in one or both the lower limbs.</p> <p>If Hypertonia, Ataxia or Athetosis cannot be observed during Athlete Evaluation, and there is no obvious loss of function, the Athlete will be Not Eligible.</p>
<b>Lower Limb deficiency</b>	Unilateral amputation at minimum above the ankle joint, or a congenital limb deficiency that causes a similar loss of limb
<b>Impaired passive range of motion</b>	<ul style="list-style-type: none"> <li>▪ Decrease of 60 degrees in hip flexion and extension or ankylosis the hip joint; or</li> <li>▪ Extension defect of 30 degrees or ankylosis of the knee joint in any position; or</li> <li>▪ Severely reduced mobility of a permanent nature and/or as in scoliosis measuring over 60 degrees curve as measured by the Cobb method. X-ray proof is required.</li> </ul>
<b>Impaired muscle power</b>	<p>20 points decrease in muscular strength in both lower limbs across ankle dorsiflexion and plantarflexion, foot inversion and eversion, knee flexion and extension, hip flexion and extension, and hip adduction and abduction. (max. total score is 100 points for both lower limbs, see Article 2.1 of this Appendix). Note: Athletes who have arthrodesis of the foot in which there is no inversion or eversion possible will be considered as grade 5 in muscle testing.</p>
<b>Leg length difference</b>	At least 7cm difference between left and right leg. Measurements to be taken from anterior superior iliac spine to tip of medial malleolus on same side.
<b>Short stature</b>	<ul style="list-style-type: none"> <li>▪ Male athletes: Standing height must less than or equal to 145cm</li> <li>▪ Female athletes: Standing height must less than or equal to 140cm</li> </ul> <p>Athletes with Short Stature must be at least 18 years old at the time of Athlete Evaluation.</p>



## 2 Assessment methods

### Assessment of impaired muscle power

2.1 The following should be noted in relation to muscle power testing:

2.1.1 The Athlete must contract the muscle group being tested, with the examiner applying resistance to that contraction.

2.1.2 Muscle strength should be assessed using the following scale:

<b>MRC scale for muscle power</b>	
0	No muscle contraction is visible
1	Muscle contraction is visible but there is no movement of the joint
2	Active joint movement is possible with gravity eliminated
3	Movement can overcome gravity but not resistance from the examiner
4	The muscle group can overcome gravity and move against some resistance from the examiner
5	Full and normal power against resistance

2.1.3 The following ten muscle groups should be tested, each at maximum scoring 5 points:

Hip	Flexion	5 Maximum
Hip	Extension	5 Maximum
Hip	Adduction	5 Maximum
Hip	Abduction	5 Maximum
Knee	Flexion	5 Maximum
Knee	Extension	5 Maximum
Ankle	Dorsiflexion	5 Maximum
Ankle	Plantarflexion	5 Maximum
Foot	Inversion	5 Maximum
Foot	Everson	5 Maximum

2.1.4 The maximum score is 50 points per lower limb or 100 points for both lower limbs.



## Neurological examination of the lower limbs

- 2.2 Examination of the lower limbs may be performed more easily with the Athlete lying on a couch. For the Sharp touch (pinprick) test, a dedicated disposable pin should be used (a disposable hypodermic needle is too sharp). The Classifier should use the Athlete's sternal area to establish a baseline for sharpness before commencing. The same progression as for the Muscle Power Testing should take place, using a light touch. The Athlete should have his/her eyes closed, and be asked to report hypoesthesia (feels blunter) or hyperesthesia (feels sharper).
- 2.3 Classifiers should note:
- the Athlete's resting posture, and whether there is any unusual rotation or posture of a joint, and whether the Athlete is symmetrical;
  - whether there is muscle wasting or hypertrophy, and if so whether that is focal or diffuse;
  - Evidence of involuntary movements such as *tremor*, *tics*, *myoclonic jerks*, *chorea* or *athetosis*;
  - Evidence of *muscle fasciculation* (sign of lower *motor neurone disease* process), being subcutaneous twitches over a muscle belly at rest. Tapping the belly may stimulate fasciculation.

## Muscle tone assessment

- 2.4 Muscle Tone is the resistance felt when a joint is moved passively through its normal range of movement.
- 2.5 Clonus is a rhythmic and involuntary muscle contraction that can be provoked by stretching a group of muscles.
- 2.6 In order to assess Muscle Tone, Classifiers should:
- Ask the Athlete to let their legs 'go floppy';
  - Internally and externally rotate the 'floppy' leg, and assess for any increased or reduced tone;
  - Lift the Athlete's knee off the bed, and note whether the ankle is also raised off the bed as well signifying increased tone;



2.7 In order to test for ankle clonus, Classifiers should:

- Flex the Athlete's knee, resting the ankle on the bed;
- Dorsiflex the foot quickly and keep the pressure applied;
- The Athlete's foot will move up and down if clonus is present.

### **Assessment of tendon reflexes**

2.8 Classifiers should:

- ensure that the Athlete is comfortable and that they can see the muscle being tested;
- use a tendon hammer to strike the tendon of the muscle and observe muscle contraction;
- compare both sides;
- reflexes may be either hyperactive (+++), normal (++) , sluggish (+), or absent (-). ± is used when the reflex is only present on reinforcement.

2.9 For lower limbs:

- test the knee jerk (L3, L4): flex the Athlete's knee and elicit the reflex by tapping just below the patella;
- test the ankle jerk (S1): with the Athlete lying down, flex the knee and dorsiflex the ankle, at the same time rotate the leg laterally. Elicit the reflex by tapping the Achilles tendon just above the heel.

2.10 If a reflex is difficult to elicit, Classifiers may attempt "reinforcement". The Athlete should flex his/her fingers and interlock them with one palm facing upwards and the other facing downwards, and pull them apart just before the tendon is struck.

- Upper motor neurone lesions usually produce hyperreflexia
- Lower motor neurone lesions usually produce a reduced or absent response;
- Isolated loss of reflex may indicate a radiculopathy affecting that segment.

2.11 Superficial Tendon Reflexes: In the lower limbs, these are referred to as "plantar response". To elicit this:

- The Athlete should lie down with legs extended;
- Classifiers should use a blunted point and run this along the lateral border of the foot, starting at the heel and moving towards the big toe;



- An extensor plantar response (upgoing big toe) is pathological and signifies an upper motor neuron lesion.

### **Assessing Hypertonia, Ataxia and Athetosis**

- 2.12 Athletes who have hypertonia, ataxia or athetosis, or an Impairment that presents in a similar fashion, will be eligible to compete in IPC Powerlifting events, at the condition they exhibit:
- 2.12.1 Dialogic or monoplegic minimal to moderate involvement;
  - 2.12.2 Good functional strength in both upper limbs;
  - 2.12.3 Moderate to severe involvement spasticity in both lower extremities;
  - 2.12.4 Spasticity Grade, minimal athetoid / ataxic Athlete
  - 2.12.5 An Athlete must have an obvious Impairment of function during classification, as a result of ataxic, athetoid or dystonic movements while performing.

### **Measuring leg length difference**

- 2.13 A clinical cloth tape measure should be used.
- 2.14 The Athlete should lie on a hard surface or treatment couch. The lower limbs should be uncovered to allow measurements to be taken in contact with the skin, and the legs should be passively extended to their fullest extent.
- 2.15 Measurement should be from the highest point of the Anterior Superior Iliac Spine to the mid-point of the Medial Malleolus. The same method should be used on each limb.

### **Range of movement testing**

- 2.16 The centre of the goniometer should be positioned over the axis of rotation of the joint, and the arms of the goniometer should be aligned with the long axis of the bones of the adjacent segments or to an external reference point.
  - 2.16.1 Knee: The Athlete should lie on a hard surface or treatment couch, with the passive range of movement (“ROM”) being tested by supporting the limb at approximately 45 degrees. The Classifier should:
    - Using a goniometer, determine any fixed angle in the Athlete’s knee joint;



- Use the MRC Muscle Power Test to assess muscle power in flexion/extension.
- 2.16.2 Hip: The Athlete should lie on a hard surface or treatment couch, with the opposite hip fixed in the anatomical position. The knee on the side being tested should be flexed manually. Classifiers should measure from the laterla midline of the pelvis, the approximate joint axis will be the greater trochanter of the femur.
- 2.16.3 Elbow: The Classifier should determine the active range of motion (flexion-extension) at the elbow by having the Athlete extend the arm away from the body at shoulder height palm upwards in the anatomical position. The elbow angle will be measured by goniometry using the established anatomical landmarks; (1) The superior aspect of the acromion, (2) The lateral epicondyle of the humerus and (3) the radial styloid process. The “true angle” should be defined as the landmark joint angle minus 11 degrees.

### **Assessing limb deficiency**

- 2.17 Limb deficiency must affect the lower limbs and at minimum cause the unilateral absence of an ankle joint. Such limb deficiency may be caused by an amputation above the ankle joint or dysmelia that leads to a similar loss of limb.

### **Assessing short stature**

- 2.18 Female Athletes with Short Stature must have a standing height of less than or equal to 140cm. Male Athletes with Short Stature must have a standing height of less than or equal to 145cm.



### 3 Considerations on specific health conditions

This Article explains the assessment methods by which Athletes with certain health conditions should be assessed with regard to their Eligibility.

#### Assessing Athletes with Spinal Impairments

- 3.1 The following factors are important in the assessment of an Athlete who has a spinal cord injury, curvature or fusion.
  - 3.1.1 Aetiology (cause of disability).
  - 3.1.2 The type of spinal curvature present – whether it is caused by scoliosis, kyphosis, or kypho-scoliosis.
  - 3.1.3 Where the apex of the curve is and where the actual curve appears to start from and where it appears to finish.
  - 3.1.4 The relationship between the rib cage and the pelvis, in particular whether the rib cage free of contact with the pelvis or is in contact with the pelvis, and whether the rib cage is inside the pelvis on one side.
  - 3.1.5 The muscle power of the upper and lower abdominals and upper and lower spinal extensors, and whether the loss in muscle strength is symmetrical.
  - 3.1.6 Where there is scoliosis, an assessment whether there is asymmetry of muscle power in the abdominals and spinal extensors should be made, and if so, whether there is asymmetry in the lower limb muscles.
  - 3.1.7 The fracture level and in relation to spina bifida, the neurological level.

#### Assessing Spinal Fusion

- 3.2 Classification Panels should make note of the following, when assessing Athletes with spinal fusion:
  - 3.2.1 How long the fusion appears to be: generally the fusion for a fracture level is over fewer vertebral segments than for a scoliosis. Assessing the muscle power of the upper and lower abdominals and the upper and lower spinal extensors is important, and the effect of surgery on spinal extensor function has to be noted. Functional tests should be undertaken to assess an Athlete's motor ability, and whether the movement has been affected by scoliosis, spinal fusion or spasticity.
  - 3.2.2 The longer the spinal fusion is, the greater the effect on movement and muscle





power. If there is contact between the rib cage and the pelvis, spinal movements will be reduced. Trunk mobility should be assessed where possible both above and below the spinal fusion.

- 3.2.3 Treatment of the spine may reduce the effectiveness of the spinal extensor muscles and the abdominal muscles: it may reduce the lateral flexion and rotational ability as well as the flexion/extension movements.

### **Assessing Athletes with Polio**

- 3.3 Classification Panels should make note of the following when assessing Athletes with polio:
  - 3.3.1 Muscle power in the Athlete's upper and/or lower limbs may need to be reviewed. It may be helpful to compare the muscle bulk of the upper limbs to the trunk and to the lower limbs.
  - 3.3.2 Athletes with polio who are tetraplegic are most likely to have all muscle groups affected.
  - 3.3.3 Athletes with polio may have skip lesions – that is, they may have normal trunk function and weakness in the lower limbs, and one upper limb with normal function and one upper limb with weakness in one muscle group.
  - 3.3.4 If an Athlete has had polio at a young age, they may have scoliosis, and asymmetry of trunk muscle function.
  - 3.3.5 If an Athlete has asymmetry of muscle bulk, the Athlete may have differing levels of function in each lower limb.
  - 3.3.6 Post-polio syndrome should be considered where relevant.

### **Assessing Athletes with Spina Bifida**

- 3.4 Classification Panels should make note of the following when assessing Athletes with spina bifida:
  - 3.4.1 Spinal curvature and pelvic tilt noting relationship of the rib cage and pelvis;
  - 3.4.2 Hip contractures as well as hip subluxation and dislocation;
  - 3.4.3 The effect of any surgery on the hip joint;
  - 3.4.4 The higher the spinal cord level involvement, the more likely that the Athlete will



- have upper limb co-ordination problems;
- 3.4.5 The higher the level of spinal cord involvement the more likely there will be significant spinal deformity either in the form of shortening of the spine due to scoliosis or kypho-scoliosis. The higher the level of spinal cord involvement the more likely that the Athlete will have pelvic tilting which does impact on muscle power, that the Athlete may have in the trunk and also in the lower limbs. The higher the level of spinal cord involvement the more likely that one side of the rib cage and the pelvic rim will come into contact.
  - 3.4.6 If there is hip muscle imbalance and the hip flexors and adductors are present but the abductors and extensors are absent there will either be subluxation or dislocation of the hips. This will impact on muscle strength. Sometime surgery will have been carried out to correct this tendency and this will also impact on the remaining muscle strength.
  - 3.4.7 Sometimes the higher the level the more likely the Athlete will have had a spinal fusion which impacts on trunk function and also may make any remaining abdominal and leg muscle power less functional.
  - 3.4.8 The lower limbs themselves may be spastic or flaccid or have a mixed pattern.

### **Assessing Athletes with Incomplete Spinal Cord Injury**

- 3.5 Classification Panels should make note of the following when assessing Athletes with incomplete spinal cord injuries:
  - 3.5.1 A Classification Panel should (a) assess the motor and sensory function in all areas; (b) note the location of the increase in tone i.e. upper limbs, abdominals, and lower limbs; and (c) when assessing incomplete Athletes the three areas that need to be considered include the arms, the trunk and the legs.
  - 3.5.2 When an incomplete tetraplegic Athlete is assessed, accurate assessment of the three areas will assist in determining the classification of the Athlete. It must be noted that spasticity is rarely helpful in athletic performance. It varies so much e.g. temperature, emotion and there is no active control of the level of spasticity. Athletes do try to reinforce any spasticity that is useful, but should never be penalised for doing so.
  - 3.5.3 Incomplete paraplegics are usually assessed depending on the level of muscle power in the lower limbs.





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