

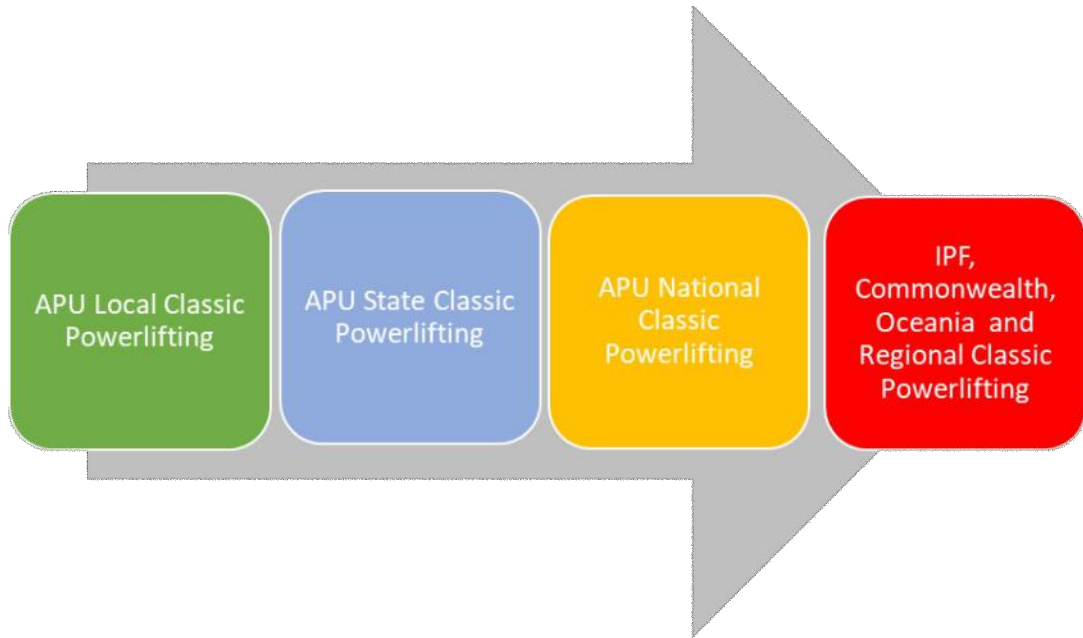
# **APU Regulations 2019**

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



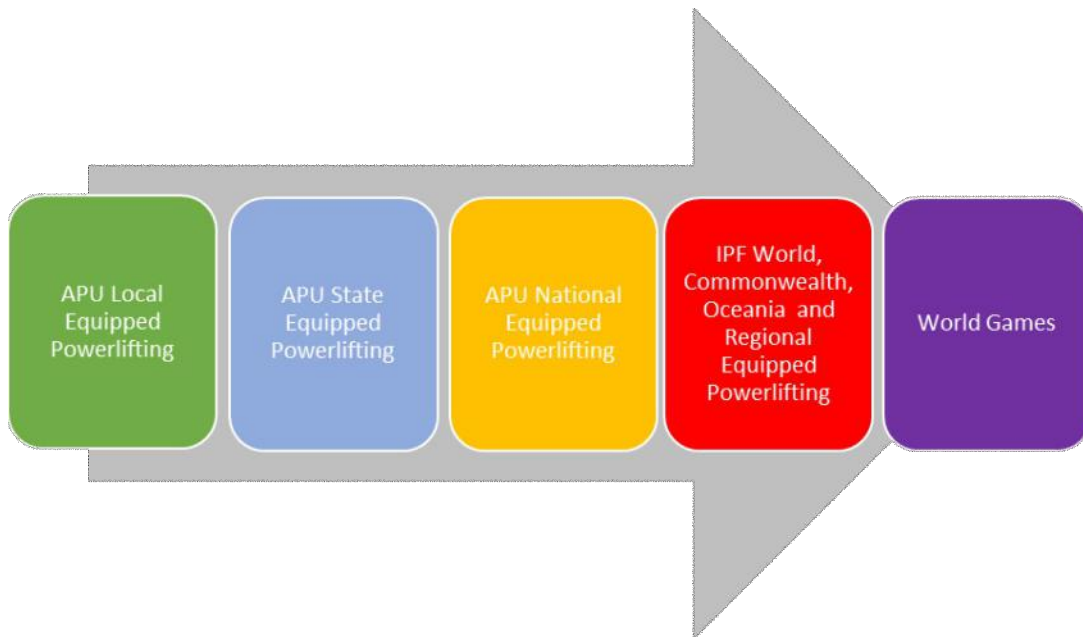
## Appendix 1.

### Aligning (Progressive) Events Classic Powerlifting



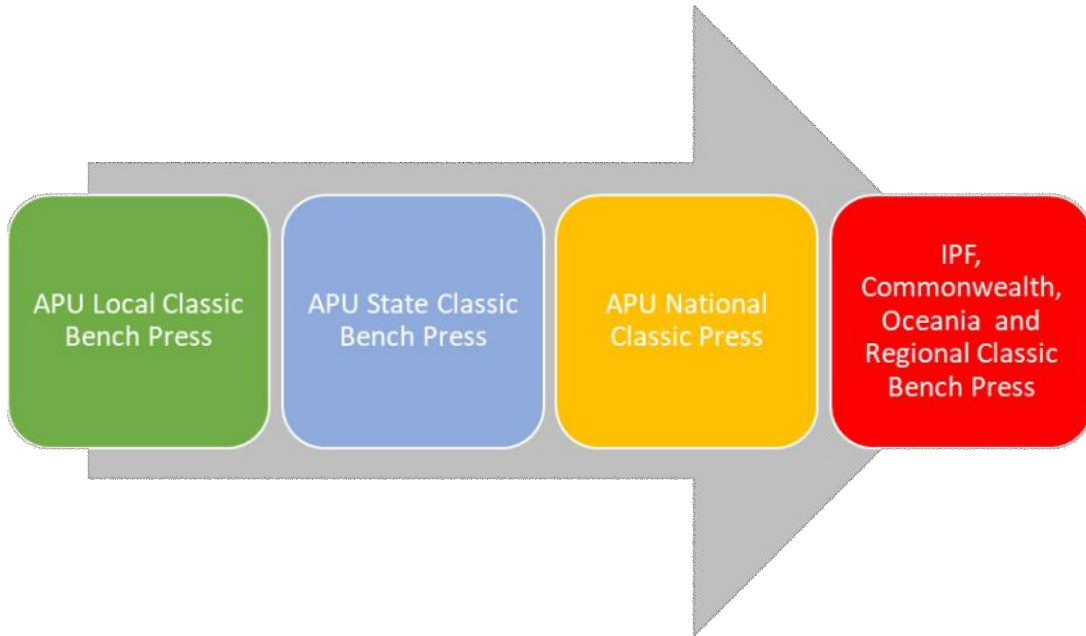
## Appendix 2.

### Aligning (Progressive) Events Equipped Powerlifting



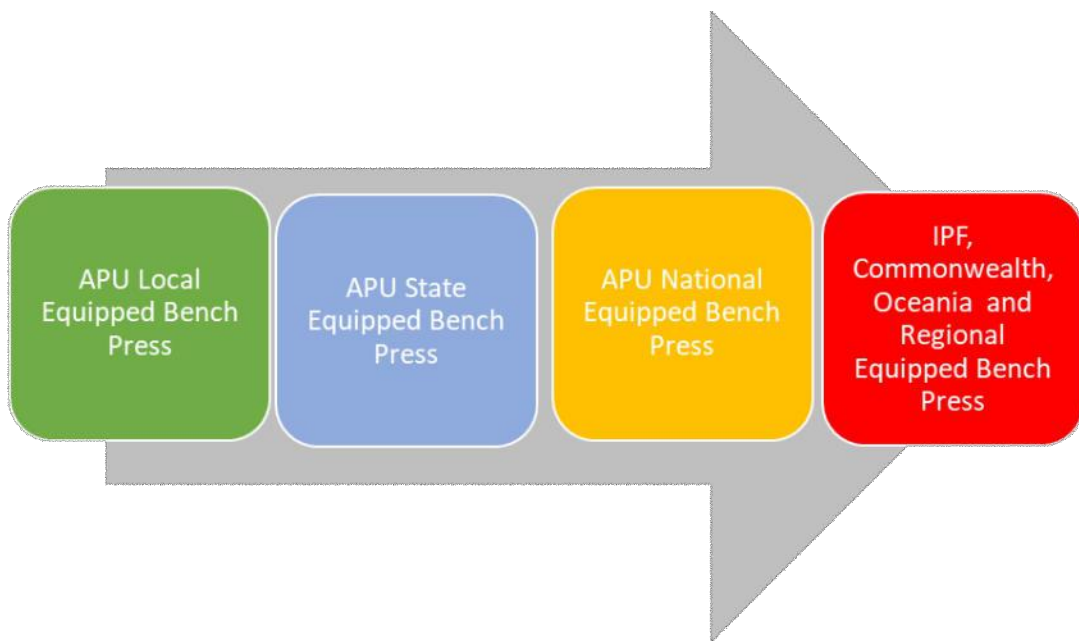
### Appendix 3

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

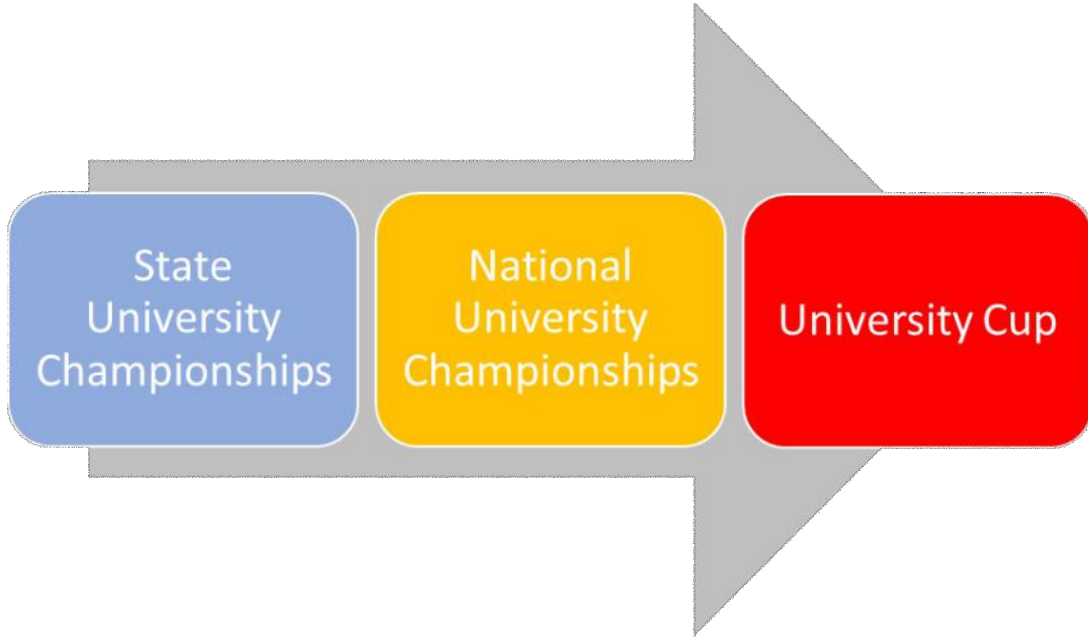


### Appendix 4

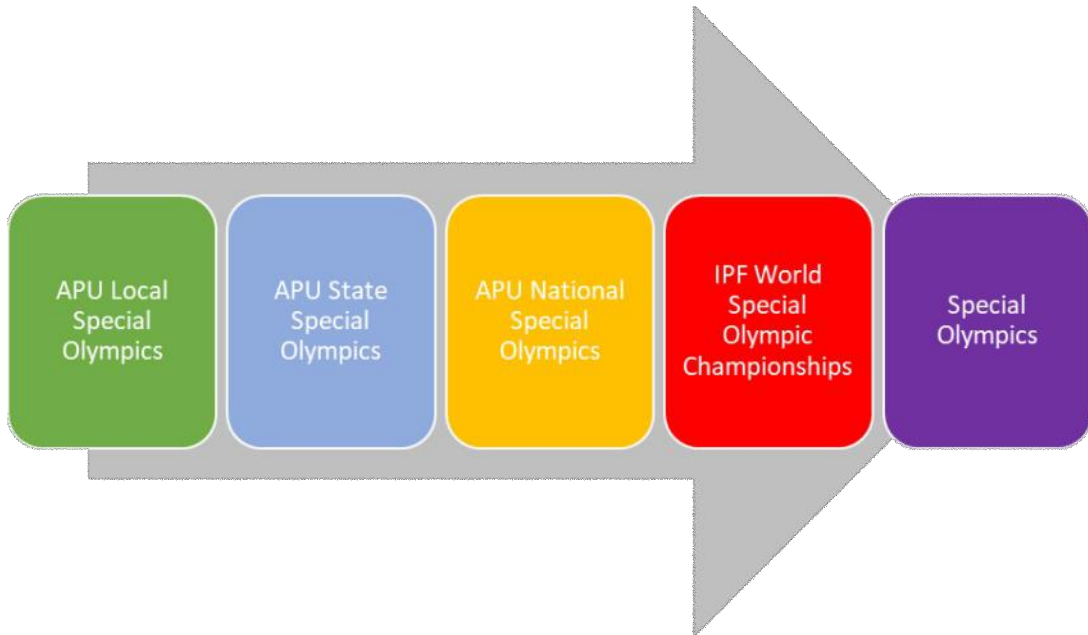
#### Aligning (Progressive) Events Equipped Bench Press



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



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



## **1. Competition Progression**

State Manager (for state teams) and the National team selection panel (NTSP) (for National team) should support the progress of lifters with the progress of championships from local, to state, to national to international championships as outlined in Appendix 1, 2, 3, 4, 5, and 6.

The State Manager should work together with the NTSP to ensure the athletes that are selected will provide APU with a harmonious team and details of any disciplines or issues the athletes may be involved with are should be discussed.

No qualifying, willing and suitable athlete is left unselected for discriminatory reasons.

At least one local championship for each club should be held no earlier than 8 weeks prior to its aligning event. Meet directors are to ensure that all local competitions include:

- 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

State Managers are to ensure that each calendar year they hold each of the following State Championships with selections for state team based of the local championships and qualifying grade (see appendix) in each age category and for both male and female. The championship should be held no earlier than 8 weeks prior to its aligning event:

- 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

## **2. Team Selection**

### **2A. State Team to Represent at Nationals**

For selection to any State team or to compete in any National Championships sanctioned by the Australian Powerlifting Union, a member must be registered with a APU or actively in an testing pool with a sporting organisation that has anti-doping policies (equivalent or similar to IPF) immediately prior to joining APU for an unbroken period of 6 months or more.

1. Each state will select a team to represent them at all National Championships.
2. Each state is allowed a maximum of eight competitors spread throughout the range of the eight body weight categories for men and eight competitors throughout the range of seven bodyweight categories for women. In the Junior

and Sub- Junior age categories nine for men and nine for women. There must not be more than two competitors from any one state in any particular body weight category.

3. The team shall be selected primarily from the State Championship results however other regional results may be considered for the benefit of increased participation. First place with a qualifying achievement from each weight category at State Championships shall be primary nomination (see point 5 for qualifying achievement).
4. The State Manager shall be responsible for the selection of the team and may form a sub-committee for team selection (State team selection panel)
5. 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
  - 5.1. National Open Championships (Powerlifting or Bench Press) – B Grade on the applicable current APU Equipped or Classic Grading Scale
  - 5.2. National Junior Championships (Powerlifting or Bench Press) – C Grade on the applicable current APU Equipped or Classic Grading Scale.
  - 5.3. National Sub-Junior Championships (Powerlifting or Bench Press) – D Grade on the applicable current APU Equipped or Classic Grading Scale.
  - 5.4. National Masters (Powerlifting or Bench Press) Championships – any total.

Refer to APU Grading Scale on <http://www.powerlifting-apu.com/championships/grading-and-qualifying/>

6. If an athlete cannot compete at the State Championships due to extenuating circumstances, the board will consider and at its own discretion, accept or reject an application for acceptance into the team. Such extenuating circumstances may include:
  - Injury/illness
  - bereavement,
  - travel delays
  - Participation in other championships that would be considered more important that are on or near the date of the Championships e.g. Regional or International Championship 2 weeks prior to State Championship
  - State Championship was not held at an appropriate time prior to the Regional or International Championship.
  - Participation at State Championships was not possible due to residential circumstances. Such circumstances may include that athlete was not residing in State at time of Championship or athlete was abroad at time of championship.
  - Athlete has moved from one age category to the next. In which this case, of the two (or multiple) lifters vying for the particular vacancy that has the highest qualifying total at the State Championship prior to the regional or world championships will succeed as the primary selection.
  - Any other factor reasonably considered by APU to constitute extenuating circumstances.

An injured/ill athlete may still be considered for selection in a National team if a written letter of advisement from a relevant AHPRA registered health practitioner is provided. The following health practitioners qualify as relevant:

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

The decision will be made by the APU Executive Committee whether to accept or decline the letter of advisement. In the case the letter does not meet the standard or is declined by the Executive Committee the following options are available for an appeal.

- A meeting with the APU Executive Committee 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 State team. A selection panel will base their selection on the athlete(s) who they deem as their most suitable representation.

7. 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 21 days prior to the start of the championship (Technical Meeting). No further changes will be allowed after 21 days. (Reserves may be included up to the final nominations – 7 days before start of championship).
8. 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 (see point 5), or whose standard or reputation is such that their participation will substantially enhance the standard of the Championships.
9. 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.
10. Each Head coach, coach and coaches assistant will be subject to board approval.
11. Each Head coach, coach and coaches assistant will agree to the Coaches responsibility.

Refer to APU Coach Responsibility on [http://www.powerlifting-apu.com/wp-content/uploads/2018/08/APU\\_COACH-RESPONSIBILITY\\_3.pdf](http://www.powerlifting-apu.com/wp-content/uploads/2018/08/APU_COACH-RESPONSIBILITY_3.pdf)

12. An athlete may choose to change weight classes IF;
  - There is vacancy in the nominated weight class that they will move into.
  - They make the change within time frame required by the championship director.
13. The change in weight division will be considered for approval by the board.

## **2B. Individuals to Represent at Nationals**

1. Individuals that have not been selected in their State Team may be applying to enter and compete at National Championships.
2. The individual shall be selected primarily from the results of the State Championship however other competition results may be considered for the benefit of higher participation.
3. 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.
  - 3.1. National Open Championships (Powerlifting or Bench Press) – B Grade on the applicable current APU Equipped or Classic Grading Scale.
  - 3.2. National Junior Championships (Powerlifting or Bench Press) – C Grade on the applicable current APU Equipped or Classic Grading Scale.
  - 3.3. National Sub-Junior Championships (Powerlifting or Bench Press) – D Grade on the applicable current APU Equipped or Classic Grading Scale.
  - 3.4. National Masters (Powerlifting or Bench Press) Championships – any total.
4. If an athlete cannot compete at the State Championships due to extenuating circumstances such as
  - Injury/illness
  - bereavement,
  - travel delays
  - Participation in other championships that would be considered more important that are on or near the date of the Championships e.g. Regional or International Championship 2 weeks prior to State Championship
  - State Championship was not held at an appropriate time prior to the Regional or International Championship.
  - Participation at State Championships was not possible due to residential circumstances. Such circumstances may include that athlete was not residing in State at time of Championship or athlete was abroad at time of championship.
  - Athlete has moved from one age category to the next. In which this case, of the two (or multiple) lifters vying for the particular vacancy that has the



- highest qualifying total at the State Championship prior to the regional or world championships will succeed as the primary selection.
- Any other factor reasonably considered by APU to constitute extenuating circumstances.

An injured/ill athlete may still be considered for selection in a State team if a written letter of advisement from a relevant AHPRA registered health practitioner is provided. The following health practitioners qualify as relevant:

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

The decision will be made by the APU Executive Committee whether to accept or decline the letter of advisement. In the case the letter does not meet the standard or is declined by the Executive Committee the following options are available for an appeal.

- A meeting with the APU Executive Committee 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 State team. A selection panel will base their selection on the athlete(s) who they deem as their most suitable representation.

5. 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 whose standard or reputation is such that their participation will substantially enhance the standard of the Championships.
6. Each State will have one Head coach who will be responsible for the management of athletes, coaches and assistant coaches for the championship.
7. Each Head coach, coach and coaches assistant will be subject to board approval.
8. An athlete may apply to change weight divisions if they make the change within time frame required for such change.
9. The change in weight division will be considered for approval by the board.

## **2C. Nationals Team to represent at IPF Sanctioned Regional or International Championship**

1. Australia may select a team to represent at selected IPF Regional and/or International Championships.
2. Each National team is allowed a maximum of eight competitors spread throughout the range of the eight bodyweight categories for men and eight competitors throughout the range of seven bodyweight categories for women. In the Junior and Sub- Junior age categories nine for men and nine for women. There must not be more than two competitors from any one state in any particular bodyweight category.
3. Each National team is allowed 5 reserves which should be selected prior to the preliminary closing date.
4. 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.
5. The team shall be selected primarily from the APU National Championship results in each of the aligned APU National championships, however other results may be considered for the benefit of higher participation. The winner from each weight category at the National Championships for the aligning regional or international championship shall be considered for primary nomination. (example: the APU Classic National Champion for the 74kg male open division shall hold primary selection for the IPF Classic Open Championships for the 74kg division)
6. 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.
  - 6.1. IPF World Open Championships (Powerlifting or Bench Press) – International II on the applicable current APU Equipped or Classic Grading Scale.
  - 6.2. IPF World Junior Championships (Powerlifting or Bench Press) – A Grade on the applicable current APU Equipped or Classic Grading Scale.
  - 6.3. IPF World Sub-Junior Championships (Powerlifting or Bench Press) – B Grade on the applicable current APU Equipped or Classic Grading Scale.
  - 6.4. National Masters (Powerlifting or Bench Press) Championships – any total.

Refer to APU Grading Scale on <http://www.powerlifting-apu.com/championships/grading-and-qualifying/>

7. If an athlete places 1<sup>st</sup> at the aligning National Championships however does not total the required amount to qualify him/her for regional or international selection, the board will consider:
  - 6.1. Offering the position to an athlete who has qualified in another weight division but will change into their weight classes to make the team, and if not
  - 6.2. Offer the position to the athlete if it does not affect any other qualifying athlete.
  - 6.3. Offer the position to a qualifying athlete who did not qualify at aligning event (eg: an open lifter achieved international 1 at State Championship)
  
8. If an athlete cannot compete at the National Championships due to extenuating circumstances such as
  - Injury/illness
  - bereavement,
  - travel delays
  - Participation in other championships that would be considered more important that are on or near the date of the Championships e.g. Regional or International Championship 2 weeks prior to State Championship
  - National Championship was not held at an appropriate time prior to the Regional or International Championship.
  - Participation at National Championships was not possible due to residential circumstances. Such circumstances may include that athlete was not residing in Australia at time of Championship or athlete was abroad at time of championship.
  - Athlete has moved from one age category to the next. In which this case, of the two (or multiple) lifters vying for the particular vacancy that has the highest qualifying total at the National Championship prior to the regional or world championships will succeed as the primary selection.
  - Any other factor reasonably considered by APU to constitute extenuating circumstances.

APU will consider for team selection nominations from athletes affected by such conditions and in each case determine with no grounds for appeal.

An injured/ill athlete may still be considered for selection in a National team if a written letter of advisement from a relevant AHPRA registered health practitioner is provided. The following health practitioners qualify as relevant:

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

The decision will be made by the APU Executive Committee whether to accept or decline the letter of advisement. In the case the letter does not meet the standard

or is declined by the Executive Committee the following options are available for an appeal.

- A meeting with the APU Executive Committee 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 National team. A selection panel will base their selection on the athlete(s) who they deem as their most suitable representation.

9. An athlete may choose to change weight classes IF;
  - There is vacancy in the nominated weight class that they will move into.
  - They make the change within time frame required by the championship director.
  - Written request is submitted to the APU board via the Secretary General well within a suitable time before the preliminary nomination close date.
  - The change of weight class is approved by the APU board

### **3. 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.

### **4. 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.