

Frequently Asked Questions regarding SA Team selection

How did you put together the team list and reserves?

The Team list and reserves are compiled after the corresponding SA Championships, according to the Selection Criteria detailed in the SAPF Guidelines (page 15).

Why is my name not on the list when I did achieve the qualifying standard at SA Champs?

Most likely, you were excluded because you specified that you are not a South African citizen when you affiliated. We can only include South African citizens in Team SA. If your affiliation is incorrect and you do have a South African Passport, please notify us immediately so that we can reassess your eligibility.

Must I complete the Reply Form if I am listed as a reserve?

Yes, please do so. As we receive responses from the lifters who have a guaranteed spot in the team, we can offer places to the reserves in accordance with our Selection Criteria rules

What is the entry fee for each competition?

The SAPF determines an entry fee per competition based on the Competition fee, Anti-doping fee, a small admin fee, and Payfast charges, based on the prevailing exchange rates. These are the fees per competition (subject to change based on exchange rate fluctuations):

2024 Championships	Classic Bench	Equipped Bench	Classic Powerlifting	Equipped Powerlifting	Banquet (optional)
World Bench Press	R2950	R2950			R880
World Classic Open			R2950		R880
Asia/Pacific/Africa	R3600	R3600	R3600	R3600	R880
World Subjunior & Junior			R2950	R2950	R880
Commonwealth	R3800	R3800	R3800	R3800	R880
World Masters			R2950	R2950	R880
African Champs	R2950	R2950	R2950	R2950	R880

What are 'one badge below' lifters and what do they qualify for?

For International competitions hosted in South Africa, the SAPF may include in the team lifters who achieved one badge below the qualifying standard for team selection at the SA Championships. These lifters may be offered a place in the team if there are still spots open after the usual selection process. 'One badge below' lifters will compete in

Federation colours and are not eligible for Protea colours, but are eligible for titles, medals and records.

How will Commonwealth and World Masters work, when they are held at the same time?

These will run as 2 separate competitions, on 2 platforms.

- First Platform: All Master lifters competing in the Classic or Equipped Powerlifting Championships (both World Masters and Commonwealth Championships)
- Second Platform: Commonwealth Bench Press Championships, and Commonwealth Classic and Equipped Powerlifting for SJ, Jun and Open age categories

Master Lifters who wish to compete in the **same** event in the Commonwealth Champs and the World Masters, must pay 2 entry fees but will only compete once. Master Lifters who wish to compete in **different** events in the Commonwealth Champs and the World Masters (eg CW Classic Powerlifting Open + World Masters Classic Powerlifting) must pay 2 entry fees and must compete twice – so they can only do so if they will not have to be on 2 platforms at the same time.

Can I say Yes to a comp now, and withdraw later?

Yes, with this reply slip, we are asking for an indication of which competitions you are interested in, to help us plan and also so that we can start letting reserve lifters know should a spot become available in a team. Let us know as soon as you decide you **cannot** compete, and definitely before Final Entry Date for that competition if you wish to have your entry fee refunded. With four international events being held in South Africa in 2024, we hope that this will give as many lifters as possible an opportunity to represent South Africa without the expense of an overseas trip.

Can I say No to a comp now, and change my mind later if I want to compete?

We would prefer that you don't, as we may have offered your spot to a reserve lifter based on your original decision.

What will the SAPF do with this information?

We need to load the team nominations into Goodlift for each competition, and this must be completed by the Preliminary Entry Date. No new lifters can be added after that date. For each nomination we need to load the lifter's Name, date of birth, age and weight category, qualifying totals, occupation, year they started competing, photo, WADA certificate and IPF Consent form.

Where can I get more info about each competition, like hotel details and the proposed schedule?

The official invitations, which include hotel details and the proposed schedule, are posted on the parent federation's websites. These are

World Championships: IPF website

<https://www.powerlifting.sport/championships/invitations-information>

Asia/Pacific/Africa Championships : Asian Powerlifting website

<https://www.asia-powerlifting.com/events/invitations>

Commonwealth Championships: Commonwealth Powerlifting website

<https://commonwealthpowerlifting.com/>

African Championships: African Powerlifting website

<https://www.powerlifting-africa.com/events>

How do I know if I qualified for a team and also who else qualified?

All the qualifiers are listed on our website on this page: [Qualifiers for International Teams 2024](#)

Will the SAPF or SASCOC or the Department of Sport pay for my competition expenses?

Unfortunately, the South African Powerlifting Federation is not in a position to assist you financially. All costs relating to your participation are for your account and you are therefore encouraged to raise sponsorship wherever possible.

My question has not been answered. Who can I ask?

Speak to your Provincial executive, or pop a Whatsapp message to Heather (082 606 2634)