

Frequently Asked Questions regarding SA Team selection

What are the Prelim and Final entry dates for the International competitions?

Event	Comp dates	Preliminary Entries	Final entries
World Classic & Equipped Bench Press, NORWAY	17-25 May	19 March	27 April
World Classic Open Powerlifting, GERMANY	8-15 June	9 April	18 May
Asia/PacificAfrica Classic & Equipped Bench Press & Powerlifting, JAPAN	5-13 July	5 May	13 June
World Classic & Equipped Subjunior & Junior Powerlifting, COSTA RICA	29 Aug-7 Sept	26 June	4 August
World Classic & Equipped Masters Powerlifting, SOUTH AFRICA	12-19 October	11 August	19 September
World Equipped Open Powerlifting, ROMANIA	10-16 November	11 September	20 October
African Classic & Equipped Bench Press & Powerlifting, TUNISIA	23-29 November	25 September	2 November

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 expected fees per competition (subject to change based on exchange rate fluctuations):

2025 Championships	Classic Bench	Equipped Bench	Classic Powerlifting	Equipped Powerlifting	Banquet (optional)
World Bench Press	R3000	R3000			R1000
World Classic Open			R3300		R1050
Asia/Pacific/Africa	R3300	R3300	R3300	R3300	R1050
World Subjunior & Junior			R3300	R3300	R1050
World Masters			R3300	R3300	R1050
World Equipped Open				R3300	R1050
African Champs	tba	tba	tba	tba	tba

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 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. In 2025 this applies to the World Classic and Equipped Masters Championships in Cape Town. 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.

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>

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 2025](#)

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)