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# **SA POWERLIFTING FEDERATION Guidelines**

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## INFORMATION PAGE

DATE APPROVED	ZOOM MEETING	APPROVED BY
December 2022	Various meetings over 2022	Hannie Smith, Heather Leighton, Andre Ludik, Gail McKenzie-Kerr, Clifford Hayim

REVISION NO.	REVISION DATE	OVERVIEW OF CHANGES	AUTHOR
1.0	17 December 2022	First published	Hannie Smith, Heather Leighton, Andre Ludik, Gail McKenzie-Kerr, Clifford Hayim

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## SAPF GUIDELINE DOCUMENT

### 1 PURPOSE

The purpose of this document is to standardize SAPF Rules and provide a reference document for all members of the SAPF.

### 2 SAPF CONSTITUTION

This document does not replace the SAPF Constitution

### 3 NOTES FOR PROVINCES

#### Province Structure

1. All Provinces must have their AGMs **before the end of February each year** to get the minutes and other reports to the SAPF Executive in time for SAPF AGM.
2. Provinces must hold elections, to appoint Chairperson, Vice Chairperson, Treasurer, General Secretary
3. Provinces must have a bank account
4. Provinces must have a constitution in line with SAPF constitution
5. Provinces must affiliate with their Provincial Sports Confederation
6. Provinces must have other committees, as mandated by our parent bodies
7. Provincial chairperson must be affiliated and at least be a Provincial Referee.

#### Province Activities

1. Pay Provincial affiliation fee to the SAPF (currently R400 pa)
2. Schedule and run provincial championships
3. Facilitate coach education and Referee clinics
4. Report back to SAPF executive: AGM minutes, Executive structure, Competition schedules, Competition results, and other ad hoc reporting required
5. All officials/administrators to be Affiliated and meet Safeguarding requirements

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## 4 SAPF MEMBERSHIP

### 4.1 Application for Membership

- 1) All members must be affiliated as members of Provincial Associations of the SAPF or as an individual member of the SAPF, before being allowed to compete in any competition or championships.
- 2) The application for membership, including membership fees ("Affiliation Form") will be reviewed annually by the Executive Committee, and be available on the SAPF website before the 31st of December.
- 3) Administration/Referee fees for Lifters: As per Age Division Affiliations per annum. (no extra affiliation fee is required if a lifter is also a coach/administrator/referee)
- 4) Administration/Referee fees for Non-Lifters: R250.00 Affiliation per annum.
- 5) An affiliated non-lifter who wishes to compete as a lifter, may do so, provided that they update their affiliation to Lifter. This will include paying the balance of the lifter affiliation fee (if Open/Master), and completing the appropriate WADA ADEL education programme.
- 6) For International Referees, the IPF Referee license renewal fee of (currently 50 euros) is payable every 4 years to the IPF.
- 7) International Referees must also pay the SAPF affiliation fee and affiliate each year.
- 8) From 2022, all members of the SAPF must successfully complete education through the World Anti-Doping Agency's (WADA) online education platform (ADEL) in order to be able to affiliate. You must submit your completed certificate from ADEL with your affiliation for your membership to be accepted.
- 9) New members must note that once they are full members of the SAPF, they may NOT in any way compete or be associated (either directly or indirectly) with any non-SAPF affiliated organisations or associations. Any athlete, coach, Referee, or official who competes or participates in a Powerlifting or Bench Press Event not organised, sanctioned and approved by the IPF/SAPF shall not be permitted to take part in any IPF International, Regional, National, Provincial or Club Event for a **period of 12 months** from the date of that non-approved Event.
- 10) Lifters who are members of any other non-SAPF Federations may not compete and/or participate in any SAPF affiliated competitions, unless they can provide the Meet Director with the following evidence:
  - a) Formal written resignation confirming that they have terminated their membership with their non-SAPF association.
  - b) Have completed and submitted all SAPF membership forms, including the drug-testing forms and WADA ADEL certificate.
  - c) Paid in full their respective membership fees for their age and weight category.
- 11) New members who have formally resigned from their previous association and met the above criteria will not be suspended for any period due to their moving across to the SAPF.

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- 12) Once affiliated to the SAPF a member remains a member of the SAPF, bound by its rules, policies and procedures, whether their affiliation fees are paid or not, until they tender their resignation in writing. Only paid-up members of the SAPF in good standing, may participate in SAPF or IPF competitions as lifters or officials.

## 4.2 Youth Lifters

### 4.2.1 Context

1. The IPF allows lifters to compete internationally from the day they turn 14.
2. The IPF has also recognised the need for member countries to have Youth programmes, but has offered no formal rules.
3. In SA, we have a handful of under-14s who train under recognised powerlifting coaches and wish to compete in Club, Provincial and National competitions.

### 4.2.2 Rules for Youth Lifters

Until such time as Youth programmes are formalised by the IPF, the SAPF will allow lifters under 14 to participate in Club, Provincial and National competitions with the following rules:

Membership:

1. Youth lifters must be between the ages of 10 and 13 (from the day they turn 10, until the day before they turn 14).
2. Youth lifters must be affiliated (as the new Youth category).
3. Youth lifters must complete the appropriate WADA ADEL course (Talented lifter)
4. Parents of Youth lifters are encouraged to affiliate and complete the WADA Parent course.
5. Youth lifters must be coached by a recognised, affiliated SAPF coach (emphasis on safeguarding and safety essential).

Competitions:

1. Youth lifters will be allowed to compete in Club, Provincial and National championships in the Classic Powerlifting and Classic Bench Press events only.
2. Youth lifters will lift in the World Games weight categories (Lightweight, Middleweight, Heavyweight, Super Heavy weight).
3. Medals are to be supplied at Provincial competitions as per point 2.
4. Medals and participation medals are to be supplied at National competitions as per point 2.
5. A Youth lifter may only compete in a Youth category and may not enter a competition as a Sub junior/Junior/Open.
6. A Youth lifter may not set a Provincial or National record.
7. A Youth lifter must have competed at a Provincial Championships and posted a total, in order to enter SA Championships.



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8. A Youth lifter may not be considered for the SA Team to compete in an international competition.
9. Competitions for Youth lifters must emphasise inclusion, fun, good technique and good sportsmanship, as being more important than results.
10. A parent/guardian or delegated person must be present at the weigh-in and competition of a Youth lifter.

Transition from Youth to Sub junior:

1. In the year in which a Youth lifter turns 14, they will only be allowed to compete in an SA Championships as a Sub junior after they have turned 14.
2. Lifters who competed in their Provincial Championships as a Youth lifter, will be allowed to enter SA Championships as a Sub junior only if
  - a. They have turned 14 before they compete in SA Championships
  - b. They met the qualifying standard to enter the SA Championships as a Sub junior
3. Lifters have to have competed in the appropriate SA Championships as a Sub junior to be considered for a place in the Sub junior team for that year's International events, regardless of whether they have turned 14 in time for the International event.

#### 4.3 WADA ADEL Education Requirements

- 1) From 2022 everyone will be required to upload an ADEL Anti-Doping Education Certificate when they do the online affiliation.
- 2) The International Level Athletes Education Program will be mandatory for every lifter who competes at SA National Powerlifting or Bench Press Championships, as those are the qualifying competitions for the International Teams.
- 3) Those who choose to do the Talented Athletes Education Program when they affiliate, and go on to be selected for Team SA, will still need to do the International Level Athletes Education Program.
- 4) The acceptable courses are detailed in the Table 1 below.
- 5) If you are an athlete as well as a coach/referee/administrator, it is recommended that you start with the International Level Athlete Education Program. Once you have completed that course, adding the High-Performance Coach Education Program will not take a lot of extra time as many of the modules are the same or similar. It is worth having both certificates.
- 6) All athletes who qualified for a position in Team SA for an international competition are classified as International Level Athletes.
- 7) **Note:** All the certificates are valid for 2 years.

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**Table 1. ADEL Course Requirements for Lifters.**

SAPF MEMBERSHIP	WADA ADEL COURSE(S) REQUIRED
Development Lifters	1) Talented Athlete (Minimum)
Club Lifters	1) Talented Athlete (Minimum), or 2) National-level Athlete, or 3) International-level Athlete Education Program
Provincial Lifters	1) National-level Athlete, or 2) International-level Athlete Education Program
National Lifters	1) National-level Athlete, or 2) International-level Athlete Education Program
International Lifters	1) International-level Athlete Education Program
Administrators, Coaches, Referees	1) High-Performance Coach Education Program
Parents	1) Parents of Elite Athletes Education Program

8) The WADA Education site can be found on this link:

<https://adel.wada-ama.org/learn>

9) The entire course will take several hours, all SAPF members must complete it and send a copy of your Certificate to [HeatherJLeighton@gmail.com](mailto:HeatherJLeighton@gmail.com) and/or [admin@powerliftingsa.co.za](mailto:admin@powerliftingsa.co.za).

#### 4.3.1 IPF Rule

- 1) Sub-Junior, Junior and Open athletes **must** successfully complete education through the World Anti-Doping Agency's (WADA) online education platform ([ADEL](#)) in order to be able to compete.
- 2) You must submit your completed certificate from ADEL with your nomination for your registration to be complete.

#### 4.3.2 SAPF Rule

- 1) Master athletes must also successfully complete education through the World Anti-Doping Agency's (WADA) online education platform ([ADEL](#)) in order to be able to compete.

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- 2) You must submit your completed certificate from ADEL with your nomination for your registration to be complete.

#### 4.4 Anti-Doping

- 1) You are strictly liable for any substance found in your body (or specimen). You may be charged with anti-doping rule violation for the presence or use of a prohibited substance or method, whether its use was intentional or not.
- 2) Always check your medications and supplements before consuming them to make sure they do not contain any substances or methods included on the [WADA Prohibited List](#).
- 3) [Educate](#) yourself on the risks of [taking supplements](#) and minimize your risk.
- 4) Understand and [educate](#) yourself on your [rights and responsibilities](#) as an athlete, including but not limited to:
  - a) requirements for submitting whereabouts information.
  - b) rights and responsibilities during [sample collection](#).
  - c) responsibility to avoid the use of prohibited substances and methods.
  - d) consent to the use of your information.
  - e) obligations to follow the [IPF Anti-Doping Rules](#) and all consequences deriving therefrom.

##### 4.4.1 Anti-Doping Violation

- 1) Banned/suspended lifters can only return to competition if they are in good standing with the SAPF & IPF and will be eligible to:
  - a) Set new South African & International Records.
  - b) Obtain South African Colours.
- 2) No lifter having obtained an SAPF /IPF Fine can return to lift until such time as all fines (including bank charges) are paid.
- 3) South African Colours received before being banned will remain in place.
- 4) Any records awarded from the time of the drug test onwards will be removed, in accordance with IPF/WADA rules. Records set before the adverse test will not be removed. Records can be set again after the period of suspension once the member is in good standing.
- 5) Lifters that are suspended for 2 years or less, don't need to pay the SAPF fine as stipulated on the affiliation form.

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#### 4.4.2 Athletes' IPF Fines

- 1) The SAPF introduced a legal system to collect SAPF And IPF Fines from the 1<sup>st</sup> of April 2019 which was ratified at the SAPF AGM in March 2019.

#### 4.4.3 Therapeutic Use Exemption (TUE)

- 1) As an International Level Athlete, if you have a medical condition for which you need to take a medication or use a therapeutic method that is prohibited under the WADA Prohibited List, apply for a Therapeutic Use Exemption (TUE) from the appropriate organization (IPF or NADO) prior to the start of its use and at least 30 days before competing.
- 2) For athletes competing in the Sub junior and Masters' level categories, you are not required to apply for a TUE in advance of being tested. However, if you do compete in one of these categories and you are taking a medication that contains a prohibited substance you will be required to apply for a TUE retroactively should you be selected for doping control at this event.
- 3) For all anti-doping related questions, please use these contact details:
  - a) IPF anti-doping: [ipfantidoping@cces.ca](mailto:ipfantidoping@cces.ca)
  - b) SAIDS: [info@saidso.org.za](mailto:info@saidso.org.za)

#### Useful links

- **IPF Anti-doping:** <https://www.powerlifting.sport/anti-doping/ipf-anti-doping-rules>
- **WADA:** <https://www.wada-ama.org/>
- **South African Institute for Drugfree Sport (SAIDS):** <https://drugfreesport.org.za/>
- **SAPF:** <http://www.powerliftingsa.co.za/>

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#### 4.5 Guidelines for SAPF members who are not Citizens of South Africa

##### 4.5.1 Who does this apply to?

- 1) There are three ways to acquire South African citizenship: by birth, by descent or by naturalization.
- 2) Unless you are born in South Africa or have South African parents, you can apply for South African citizenship after holding a permanent residence permit for five years, by [marrying a South African citizen](#) or by being a minor with a permanent residence visa.
- 3) As a permanent resident, you have most of the rights and responsibilities of a South African citizen. However, you cannot vote in South African elections or **hold a passport**. If you have a South African ID number, the last three digits will start with a 1 and not a 0, and your ID document will specify that you are a non-citizen.

##### 4.5.2 Can I still affiliate to the SAPF?

- 1) Yes, non-South African citizens may affiliate with the SAPF.
- 2) If your home country is an affiliate of the IPF, you must get a letter from them granting you permission to join the SAPF, which you should send to [admin@powerliftingsa.co.za](mailto:admin@powerliftingsa.co.za).
- 3) If your home country is not an affiliate of the IPF, please contact the relevant regional body for permission. Contact details for all IPF affiliated nations can be found on this link: <https://www.powerlifting.sport/federation/regions>.

##### 4.5.3 What does that mean regarding SAPF membership?

- 1) Non-South African citizens who are affiliated with the SAPF are entitled to:
  - a) Compete in club competitions
  - b) Compete in Provincial Championships
  - c) Compete in National Championships
  - d) Win titles and medals at Provincial and National Championships
  - e) Set South African National and Provincial records
  - f) Become Club and Provincial Referees
  - g) Be elected to administrative positions in the SAPF and provincial structures
- 2) Non-South African citizens who are affiliated with the SAPF are **NOT** entitled to:
  - a) Be awarded Provincial colours
  - b) Be awarded National colours
  - c) Be awarded Federation colours

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- d) Compete for South Africa in an international powerlifting event as a member of Team SA
- 3) This is in line with the SASCOC rule and the SAPF constitution which state that you must hold a South African passport to be eligible for selection to represent South Africa.

#### 4.5.4 Can I represent my home country?

- 1) Each country and national federation will have their own rules regarding team selection. For example, the SAPF selectors may consider South Africans living abroad for selection based on their results from State or National Championships in another IPF affiliated country, if there is space in the team after local qualifiers have been placed.
- 2) The SAPF is happy to assist with the necessary documentation (letter of good standing, results from qualifying competitions) to allow a non-SA citizen to submit a request for consideration to their home country federation for selection. Requests for such documentation should be sent to [admin@powerliftingsa.co.za](mailto:admin@powerliftingsa.co.za).

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## 5 SAPF SELECTION PROCESS

### 5.1 SA Team Selection Policy

- 1) The Selection policy detailed in Section F of the **SAPF Constitution** gives guiding principles, eligibility rules and general principles, but does not specify how the team is to be selected.

**Note:** The policy in the SAPF Constitution is where it specifies the need for an SA passport.

### 5.2 Selection Criteria

- 1) The SAPF Incentive Badge Scheme and Qualifying Standards, as published on the website and updated from time to time, gives the standards required for National Colours for each event, age, and weight category.
- 2) The team for International events is chosen from the results of the corresponding South African Championships, from the lifters who achieved the standard for National Colours and are eligible to hold a South African Passport.
- 3) Preference is given to lifters who win their category in the SA Championships, if they achieve the qualifying standard.
- 4) To be considered for a place in the team, a lifter must have competed in that age category in the SA Championships. For example, a Master or Junior lifter may only be considered for a place in the Open team if they competed in the Open category in the SA Championships. For this reason, lifters may enter SA Championships in multiple age categories.
- 5) Other lifters who achieved the qualifying standard, are added to the team (subject to the IPF Rules regarding number of team members) in the order of highest IPF Points first. These lifters are reserves until a place becomes available. If there is more than one reserve lifter at a particular body weight, the lifter who posted the highest total will take precedence.
- 6) If the team is still not full, lifters who achieved one badge below the qualifying standard may be considered for the team, but only for International competitions hosted in South Africa.
- 7) Only results achieved at SA Equipped Powerlifting Championships may be considered for SA Equipped Powerlifting teams.
- 8) Only results from SA Classic Championships may be considered for SA Classic Powerlifting teams.
- 9) Only results achieved at SA Equipped Bench Press Championships may be considered for SA Equipped Bench Press teams.
- 10) Only results from SA Classic Bench Press Championships may be considered for SA Classic Bench Press teams.

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- 11) An SAPF affiliated lifter who is currently living in another country may submit their results achieved at that country's State or National IPF-affiliated Championships (in the same qualifying year) for consideration for an open space in the SA Team.
- 12) Final selection is at the discretion of the Selection Committee.
- 13) Once the team has been published, the onus is on the lifter to request consideration for inclusion in the team or a weight division change – such requests must come to the executive in writing. All such requests will be considered and finalized by the Selection Committee.

### 5.3 Requesting a change to a different weight division

- 1) A lifter who has qualified for selection in a weight division by achieving the standard for National Colours, may request to be considered for a position in the weight division above or below the one they qualified for, as long as:
  - a) The qualifying total meets the standard for National Colours for the heavier weight division, and
  - b) There is space in the team for the lifter in the new weight division, after rules 3 - 5 above have been applied
- 2) Lifters selected for a space in the team who achieved one badge below the standard for National Colours, may not move to a different weight division.
- 3) Lifters allowed to move to a different weight division will be eligible for the same colours (Protea or Federation) that they qualified for in their original weight division.

### 5.4 B-Team

- 1) In the past, the host nation at some IPF International Championships (like Commonwealth, Asian Championships and others) has been allowed to field an A and a B team, in order to give their lifters maximum exposure to international competition. There are no documented rules for how this should work in practice, however, especially regarding medals.
- 2) It is the SAPF Selection Committee decision NOT to field a B team at any international competition.



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## 6 REFEREES

### 6.1 Club Referee Criteria

- 1) Must be currently affiliated and in good standing to the SAPF (not suspended).
- 2) He / she must at least be 14 years of age.
- 3) He / she must have been an affiliated member for at least 3 (six) months.
- 4) He / she can be put forward to do the Club Referee exam at the discretion of the Provincial Head.
- 5) The exam fee must be paid by Payfast prior to the exam. SAPF Treasurer will apportion 50% (net of charges) of the fee to the Referee kitty.
- 6) Provincial chairperson will advise the Referee Registrar the date for the examination based on scheduled competitions and appoint an examiner. Referee registrar will inform the meet director of candidates taking their exam during the competition.
- 7) The online exam must be done first, a maximum of 14 days before the practical.
- 8) The theory exam can be invigilated by a trusted person (teacher/lecturer). The practical must be invigilated by an International Referee. Referee Registrar will authorise the invigilators.
- 9) The practical can only be done at a Powerlifting competition, not a Bench Press only competition.
- 10) The examiner of the practical exam provides feedback to the Candidate, the Provincial Chairperson and the Referee Registrar. Successful candidates are added to the Referee database by the Referee Registrar.
- 11) If the practical examination is not passed, it must be redone within 3 months of the theory examination, otherwise the candidate will need to rewrite the theory exam. Club Referees can only referee at Club Competitions or clinics and not at Provincial Championships.
- 12) The practical examination must be done at a Club competition or Clinic and 15 minimum number of lifts of each discipline required.
- 13) Club Referees can apply to become Provincial Referees after being active as a Club Referee for 5-6 months.
- 14) If a Referee is not active for a Calendar year, he/she will forfeit their license and must re-apply for the examination. They will be allowed to re-apply at the same level they used to be. They must do the online examination and practical examination.
- 15) A rule Clinic will be presented before the practical examination.

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## 6.2 Provincial Referee Criteria

- 1) Must be currently affiliated and in good standing to the SAPF (not suspended).
- 2) He / she must at least be 16 years of age.
- 3) He / she must have been an affiliated member for at least 6 (six) months.
- 4) He / she must have at least 6 (six) months experience as a Club Referee and refereed a minimum of 1 (one) competition.
- 5) He / she can be put forward to do the Provincial Referee exam at the discretion of the Provincial Head.
- 6) The exam fee must be paid by Payfast prior to the exam. SAPF Treasurer will apportion 50% (net of charges) of the fee to the Referee kitty.
- 7) Provincial chairperson will advise the Referee Registrar the date for the examination based on scheduled competitions and appoint an examiner. Referee registrar will inform the meet director of candidates taking their exam during the competition.
- 8) The online exam must be done first, a maximum of 14 days before the practical.
- 9) The theory exam can be invigilated by a trusted person (teacher/lecturer). The practical must be invigilated by an International Referee. Referee Registrar will authorise the invigilators.
- 10) The practical can only be done at a Powerlifting competition, not a Bench Press only competition.
- 11) The examiner of the practical exam provides feedback to the Candidate, the Provincial Chairperson, and the Referee Registrar. Successful candidates are added to the Referee database by the Referee Registrar.
- 12) If the practical examination is not passed, It must be redone within 3 months of the theory examination, otherwise the candidate will need to rewrite the theory exam. Provincial Referees can only referee at Club / Provincial Competitions and not at National Championships.
- 13) The practical examination must be done at a Provincial competition and 20 minimum number of lifts of each discipline required.
- 14) Provincial Referees can apply to become National Referees after being active as a Provincial Referee for 10-12 months.
- 15) If a Referee is not active for a Calendar year, he/she will forfeit their license and must re-apply for the examination. They will be allowed to re-apply at the same level they used to be. They must do the online examination and practical examination.
- 16) A rule Clinic will be presented before the practical examination.
- 17) Referees must be available for a minimum of two sessions per competition to retain their license or two Championships per year.

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### 6.3 National Referee Criteria

- 1) Must be currently affiliated and in good standing to the SAPF (not suspended).
- 2) He / she must at least be 18 years of age.
- 3) He / she must have been an affiliated member for at least 12 (twelve) months.
- 4) He / she must have at least 1 (one) years' experience as a Provincial referee and refereed a minimum of 2 (two) competitions.
- 5) He / she can be put forward to do the National Referee exam at the discretion of the Provincial Head.
- 6) The exam fee must be paid by Payfast prior to the exam. SAPF Treasurer will apportion 50% (net of charges) of the fee to the Referee kitty.
- 7) Provincial chairperson will advise the Referee Registrar the date for the examination based on scheduled competitions and appoint an examiner. Referee registrar will inform the meet director of candidates taking their exam during the competition.
- 8) The online exam must be done first, a maximum of 14 days before the practical.
- 9) The theory exam can be invigilated by a trusted person (teacher/lecturer). The practical must be invigilated by an International Referee. Referee Registrar will authorise the invigilators.
- 10) The practical can only be done at a Powerlifting competition, not a Bench Press only competition.
- 11) The examiner of the practical exam provides feedback to the Candidate, the Provincial Chairperson and the Referee Registrar. Successful candidates are added to the Referee database by the Referee Registrar.
- 12) If the practical examination is not passed, It must be redone within 3 months of the theory examination, otherwise the candidate will need to rewrite the theory exam. National Referees can only referee at Club / Provincial / National Competitions and not at International Championships.
- 13) The practical examination must be done at a National competition and 25 minimum number of lifts of each discipline required.
- 14) National Referees can apply to become International Referees after being active as a National Referee for 24 (twenty-four) months (at discretion of Exco).
- 15) If a Referee is not active for a Calendar year, he/she will forfeit their license and must re-apply for the examination. They will be allowed to re-apply at the same level they used to be. They must do the online examination and practical examination.
- 16) A rule Clinic will be presented before the practical examination.
- 17) Referees must be available for a minimum of two sessions per competition to retain their license or two Championships per year.

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#### 6.4 International Cat 2 Referee Criteria

International Referees follow the prevailing IPF rules, some of which are repeated here.

- 1) Must be currently affiliated and in good standing to the IPF / SAPF (not suspended).
- 2) He / she must at least be 18 years of age.
- 3) He / she must have been an affiliated member for at least 48 (forty-eight) months.
- 4) Candidate sends SAPF Referee Exam Application to Provincial Head, who forwards application to National Referee Registrar.
- 5) Candidate > Provincial Head > National Ref Reg > IPF Ref Reg
- 6) He / she must be recommended by his National Federation to do the International Referee exam at the discretion of the Referee Registrar.
- 7) He / she must be a National Referee for at least two years standing, having officiated in the position as a Referee with a minimum of two National Powerlifting Championships within this period. (2 per year? SAPF requirement)
- 8) Ref registrar will confirm which competition the candidate can do the exam at. Note: International exams cannot be done at a Bench Press Championships. Cat 2 exams cannot be done at any Open Equipped and Classic Championships.
- 9) IPF Referee exam fee as prescribed in IPF Rulebook to be paid by candidate (males only) before writing online exam.
- 10) The online exam at the same competition, but before the practical.
- 11) Must take the Category 2 written/computer examination in English and practical examination at a World Championship, Continental Championship or Regional Championship.
- 12) Must achieve a passing score of 90 percent or more on written examination and 85 percent or more on practical examination.
- 13) The practical examination must be done at an International Championships (not Open Worlds) consisting of: 100 attempts: 40 squats, 30 bench 30 deadlifts as a side Referee.
- 14) Once they have passed, the candidate must pay 35 euros for their credentials (book, badge and tie/scarf) to the examiner
- 15) If the online examination is not passed, it can be rewritten immediately (and pay another exam fee – male and female). If the practical is not passed, the candidate can retake it in another session if there is one available. Otherwise, the candidate should get more experience at their National Championships and come back in 6 months or 1 year. (at discretion of International Referee Registrar)
- 16) The examiner of the practical exam provides feedback to the Candidate, the National Federation, and the International Referee Registrar. Successful candidates are added to the Referee database by the Referee Registrar.
- 17) If a Referee is not active for 4 (four) years, he/she will forfeit their license and must re-apply for the examination. They will be allowed to re-apply at the same level they used to be, and redo the online exam and the practical.

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## 6.5 International Cat 1 Referee Criteria

International Referees follow the prevailing IPF rules, some of which are repeated here

- 1) Must be currently affiliated and be in good standing with IPF / SAPF (not suspended)
- 2) He / she must at least be 18 years of age.
- 3) He / she must be a Category 2 referee and in good standing for a period of at least 4 years.
- 4) He / she must have adjudicated at least 4 International Championships, (excluding the World Bench Press Championship).
- 5) Candidate sends SAPF Referee Exam Application to Provincial Head, who forwards application to National Referee Registrar.
- 6) He / she must be recommended by his National Federation to do the International Referee exam at the discretion of the Referee Registrar.
- 7) Basis for Nomination should be as follows:
  - a) Candidate's competence as a Referee.
  - b) Priority ranking as a Category 2.
  - c) Availability to Referee at future international events
  - d) Knowledge of English language.
- 8) IPF Referee exam fee as prescribed in IPF Rulebook to be paid by candidate (males only) before writing online exam.
- 9) The online exam at the same competition, but before the practical.
- 10) Must take Category 1 practical and written / computer examination at any World Championship (excluding the World Bench Press Championship), Continental Championship, Regional Games or International Tournament.
- 11) Must adjudicate at least 75 attempts, 35 of which must be squats, while serving as Chief Referee. First round attempts by lifters will count.
- 12) The candidate must score at least 90 percent on his total examination. This includes the 75 points on his decisions made on the platform as compared with those of the Jury members and not those of his fellow platform Referees.
- 13) The other 25 points coming from his decisions and performance of the necessary duties i.e., gear check, weigh in and platform control.
- 14) The candidate will also be credited with 25 points/marks and observed for competence by the examiner(s) during gear check, weigh in and while seated on the platform. A deduction of 0.5 (half a point/mark) will be made for any error that may contravene the technical rules. The examiner will be a member of the IPF Technical Committee, or an Official appointed by the IPF Technical Committee and Referee Registrar.
- 15) A requirement of the Category I candidate is that he / she is able to converse in English to a standard that will allow complete comprehension in disputes, particularly when asked to partake in jury duty. In this respect, the examiners will decide the

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proficiency of the candidate. If a candidate passes his / her category 1 examination but speak no English, he / she will be a Regional Category 1 Referee and can only be in the Jury at Regional meets or National meets.

- 16) If the online examination is not passed, it can be rewritten immediately (and pay another 50 euros – male and female). If the practical is not passed, the candidate can retake it in another session if there is one available. Otherwise, the candidate should get more experience at their National Championships and come back in 6 months or 1 year. (at discretion of International Referee Registrar)
- 17) The examiner of the practical exam provides feedback to the Candidate, the National Federation and the International Referee Registrar. Successful candidates are added to the Referee database by the Referee Registrar.
- 18) If a Referee is not active for 4 (four) years, he/she will forfeit their license and must re-apply for the examination. They will be allowed to re-apply at the same level they used to be. The online exam or only practice or both??

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## 6.6 Jury

- 1) At National Competitions
  - a) A jury and TC is mandatory at all National competitions.
  - b) A jury must consist of the most senior 3 International Referees or two International and one National Referee of that session.

## 6.7 ADEL Course Requirements for Referees

**Table 2. ADEL Course Requirements for Referees.**

SAPF MEMBERSHIP	WADA ADEL COURSE(S) REQUIRED
Club Referee	High Performance Coach Education Program
Provincial Referee	High Performance Coach Education Program
National Referee	High Performance Coach Education Program
International Referee	High Performance Coach Education Program

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**Table 3. Rights and responsibilities for all Club, Provincial, National, and International Referees**

CRITERIA	CLUB REFEREE	PROVINCIAL REFEREE	NATIONAL REFEREE	INTERNATIONAL CAT 2 REFEREE	INTERNATIONAL CAT 1 REFEREE
<b>Minimum Age (years)</b>	14	16	18	-	-
<b>ADEL Courses</b>	High-Performance Coach Education Program	High-Performance Coach Education Program	High-Performance Coach Education Program	High-Performance Coach Education Program	
<b>Minimum experience as a lifter, official or administrator</b>	Affiliated for 3 months. Discretion of Provincial Head	5-6 Months as Club Referee	10-12 months as Provincial Referee	2 years as National Referee (Exco discretion)	4 years as Cat 2 Referee
<b>Minimum number of competitions refereed at current level in order to apply for next level</b>	1	1	2	4 (2 International, 2 National)	-
<b>Exam fee</b>	R75.00	R100.00	R100.00	As per IPF rules (currently 50 Euro's Women do not pay exam fee – only badge and tie – 35 Euro's)	As per IPF rules (currently 50 Euro's Women do not pay exam fee – only badge and tie – 35 Euro's)
<b>Pass mark</b>	60%	70%	80%	85%	90%
<b>Subset of questions</b>	Some excluded	Some excluded	All	All	All
<b>Practical exam must be done at this level of competition (Not at a Bench Competition)</b>	Club or Clinic	Provincial	National	World, Continental or Regional	World, Continental or Regional



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CRITERIA	CLUB REFEREE	PROVINCIAL REFEREE	NATIONAL REFEREE	INTERNATIONAL CAT 2 REFEREE	INTERNATIONAL CAT 1 REFEREE
<b>Minimum number of lifts (in each discipline)</b>	45 attempts consisting of: 1) 15 Squats 2) 15 Bench Press 3) 15 Deadlifts	60 attempts consisting of: 1) 20 Squats 2) 20 Bench Press 3) 20 Deadlifts	75 attempts consisting of: 1) 25 Squats 2) 25 Bench Press 3) 25 Deadlifts	100 attempts consisting of 1) 40 Squats 2) 30 Bench Press 3) 30 deadlifts as a Side Referee	Score at least 90% on all his decisions as Chief Referee. Practical: 1) 35 Squats, 2) 20 Bench Press 3) 20 Deadlifts 4) 25 Weigh-in procedures

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**Table 4. Differences between Club, Provincial and National Referee Rights and Responsibilities**

	CLUB REFEREE	PROVINCIAL REFEREE	NATIONAL REFEREE	INT CAT 2 REFEREE	INT CAT 1 REFEREE	NOTES
Can referee at Club competitions	Yes	Yes	Yes	Yes	Yes	
Can referee at Provincial competitions	No*	Yes	Yes	Yes	Yes	*Except if writing Provincial exam. Or one per session allowed if not enough Provincial /National / International refs available.
Can referee at National competitions	No	No*	Yes	Yes	Yes	*Except if writing National exam. Or one per session allowed if not enough National / International refs available.
Can referee at International competitions	No	No	No*	Yes	Yes	*Except if writing International Cat II exam
Number of competitions in order to retain their license each year	1	1	2 Competitions, one of which must be National	4 over 4 years 2 can be National level	4 over 4 years 2 can be National level	
Colours awarded	N/A	N/a	Federation colours			

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## 7 COACHES

### 7.1 Coach Accreditation at SAPF/IPF Championships

- 1) Please note the following regarding Team SA coach accreditation for all IPF World Bench Press or Powerlifting Championships. Coach accreditation is required for anyone wanting to assist lifters in the warmup area, submit next attempts or take a lifter to platform.
- 2) From **2023/4** onward, as prescribed by the IPF going forward, coaches attending International and Regional event will be required to have a coach certificate, which will be uploaded into the Goodlift system when the coach is nominated by their Federation.
- 3) Goodlift allows for the following categories of coaches to be nominated per country, in order to give accreditation (access to warmup area and platform) during a competition (See Table 5 below)

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**Table 5. Coaching Criteria.**

CATEGORY	AFFILIATION	REFEREE STATUS	COACHING COURSE	WADA ADEL CERTIFICATE	AUTHORITY	SAFEGUARDING	ATTIRE
<b>Head Coach</b>	Affiliated for current year in good standing	International Cat 1 or 2 Referee	IPF level 2 Basic Powerlifting Coaching course	High Performance Coach Education Programme Certificate	<ol style="list-style-type: none"> <li>1) Take lifter to platform Able to assist lifters whose personal coach is not present, etc.</li> <li>2) Assists with team goals and lifters goals (medals, records, PBs)</li> </ol>	<ol style="list-style-type: none"> <li>1) All coaches must have a Criminal background check especially when accompanying minors to international events.</li> <li>2) Acknowledgement of Safeguarding Policy signed.</li> <li>3) Safeguarding Awareness Certificate</li> <li>4) Declaration of Good Standing signed</li> <li>5) Code of Ethics signed</li> <li>6) Clearance – Sexual Offences Register</li> <li>7) Clearance – Criminal Check</li> </ol>	<ol style="list-style-type: none"> <li>1) Qualifies for Protea colours depending on team age categories (must include SJ/Jr or Open) and team size – Exco decision per competition.</li> <li>2) All coaches must be attired appropriately whether they are in the warmup area or taking a lifter to platform.</li> <li>3) Remember that you are representing the SAPF and not your Province or Club.</li> <li>4) Official tracksuit OR Exercise</li> </ol>

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CATEGORY	AFFILIATION	REFEREE STATUS	COACHING COURSE	WADA ADEL CERTIFICATE	AUTHORITY	SAFEGUARDING	ATTIRE
						8) Clearance – Child Protection Register	trousers OR shorts. 5) IPF Coaching shirt OR SA Golf shirt OR Competition T-shirt. 6) Sports shoes (No slops) 7) No vests
<b>Coach</b>	Affiliated for current year in good standing	National Referee or higher	IPF level 2 Basic Powerlifting Coaching course	High Performance Coach Education Programme Certificate	1) Take lifter to platform Able to assist lifters whose personal coach is not present, etc. 2) Assists with team goals and lifters goals (medals, records, PBs)	1) All coaches must have a Criminal background check especially when accompanying minors to international events. 2) Acknowledgement of Safeguarding Policy signed 3) Safeguarding Awareness Certificate	1) No Protea colours. 2) All coaches must be attired appropriately whether they are in the warmup area or taking a lifter to platform. Remember that you are representing the SAPF and not your Province or Club.

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CATEGORY	AFFILIATION	REFEREE STATUS	COACHING COURSE	WADA ADEL CERTIFICATE	AUTHORITY	SAFEGUARDING	ATTIRE
						4) Declaration of Good Standing signed 5) Code of Ethics signed 6) Clearance – Sexual Offences Register 7) Clearance – Criminal Check 8) Clearance – Child Protection Register	3) Official tracksuit or Exercise trousers OR shorts. 4) IPF Coaching shirt or SA Golf shirt or Competition T-shirt. 5) Sports shoes (No slops) 6) No vests
<b>Assistant Coach</b>	Affiliated for current year in good standing	Provincial Referee or higher	Basic SAPF Powerlifting Coaching course	High Performance Coach Education Programme certificate	1) Only allowed in warm up area to assist lifters.	1) All coaches must have a Criminal background check especially when accompanying minors to international events. 2) Acknowledgement of Safeguarding Policy signed	1) No Protea colours. 2) All coaches must be attired appropriately whether they are in the warmup area or taking a lifter to platform. 3) Remember that you are representing the



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CATEGORY	AFFILIATION	REFEREE STATUS	COACHING COURSE	WADA ADEL CERTIFICATE	AUTHORITY	SAFEGUARDING	ATTIRE
						3) Safeguarding Awareness Certificate 4) Declaration of Good Standing signed 5) Code of Ethics signed 6) Clearance – Sexual Offences Register 7) Clearance – Criminal Check 8) Clearance – Child Protection Register	SAPF and not your Province or Club. 4) Official tracksuit or Exercise trousers OR shorts. 5) IPF Coaching shirt or SA Golf shirt OR Competition T-shirt. 6) Sports shoes (No slops) 7) No vests

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## 8 SAPF COLOURS AND KIT

### 8.1 Protea Colours, Federation Colours, SAPF Federation Tracksuit

- 1) Sub junior, Junior and Open lifters who achieve the National Colours qualifying standard, are selected to represent SA and who do compete in an international competition are eligible for **Protea Colours**. This is the official green and gold tracksuit with Protea badge, and a green blazer with Protea badge, and Protea tie/scarf. Sub junior and Junior lifters are awarded Junior Protea Colours, and Open lifters are awarded Protea Colours.
- 2) Master lifters who achieve the qualifying standard, are selected to represent SA and who do compete in an international competition are eligible for **Federation Colours**. This is the official green and gold tracksuit with SAPF badge, and a green blazer with SAPF badge and SAPF tie.
- 3) Sub junior, Junior, Senior and Master lifters who have achieved one badge below the qualifying standard but have been selected to represent SA and who do compete in an international competition qualify for a **SAPF Federation tracksuit only**. This is the Dark Green BRT tracksuit with SAPF badge, and no other wording, and also no other kit (no blazer, no tie, etc). This **only** happens when the International competition is hosted in South Africa.
- 4) Colours are awarded based on the standard achieved when the lifter qualified for the team (i.e., from the National Championships), and not the total achieved by the lifter at the International event. In other words, if a lifter qualified to compete in Federation Colours in a locally hosted International event, and they achieve the total for National Colours at that event, they will **NOT** be awarded National Colours retrospectively.

SA tracksuit	SAPF Federation tracksuit
	
<p><b>Junior Protea Colours</b>  <b>Open Protea Colours</b>  <b>Federation Colours (Masters)</b></p>	<p><b>Dark green BRT tracksuit</b>  <b>One badge below</b></p>



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## 8.2 Formal Attire

- 1) The Green Blazer is worn with grey trousers or a grey skirt, and not the beige trousers/skirt in the XCO Catalogue. This is to conform with the IPF dress code for Referees.
- 2) A plain white shirt, dark socks and closed black shoes are worn with the Green Blazer and tie/scarf.
- 3) Grey Pants with white shirt as per IPF Referee attire rules
- 4) Formal attire is worn to competition banquets and prizegiving.

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**Table 6. Details of Kit.**

ITEM	JUNIOR PROTEA COLORS	OPEN PROTEA COLORS	MASTERS (FEDERATION COLORS)	ONE BADGE BELOW (SAPF FEDERATION TRACKSUIT)	SAPF FEDERATION REFEREE	REFEREE
<b>Tracksuit</b>	SA Tracksuit	SA Tracksuit	SA Tracksuit	BRT tracksuit in Green	BRT tracksuit in Green	
<b>Badge</b>	Protea	Protea	SAPF Federation	SAPF Federation	SAPF Federation	
<b>Blazer</b>	Green Blazer	Green Blazer	Green Blazer	None	Green Blazer	
<b>Protea Tie / Scarf / Federation Tie</b>	Protea Tie / Scarf	Protea Tie / Scarf	Federation Tie	None	Federation Tie	
<b>Wording under badge</b>	CLASSIC POWERLIFTING JUNIOR  <i>or</i> CLASSIC BENCH PRESS JUNIOR  <i>or</i> POWERLIFTING JUNIOR  <i>or</i> BENCH PRESS JUNIOR	CLASSIC POWERLIFTING  <i>or</i> CLASSIC BENCH PRESS	CLASSIC POWERLIFTING MASTER  <i>or</i> CLASSIC BENCH PRESS MASTER  <i>or</i> POWERLIFTING MASTER  <i>or</i> BENCH PRESS MASTER	No additional wording	No additional wording	
<b>Other</b>	Wording across back of tracksuit top SOUTH AFRICA	Wording across back of tracksuit top SOUTH AFRICA	Wording across back of tracksuit top SOUTH AFRICA	Wording across back of tracksuit top POWERLIFTING	Wording across back of tracksuit top POWERLIFTING	
<b>Other</b>	And any other kit (including BRT	And any other kit (including BRT	And any other kit (including BRT	No other kit	No other kit	

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ITEM	JUNIOR PROTEA COLORS	OPEN PROTEA COLORS	MASTERS (FEDERATION COLORS)	ONE BADGE BELOW (SAPF FEDERATION TRACKSUIT)	SAPF FEDERATION REFEREE	REFEREE
	tracksuit) in the XCO-catalogue	tracksuit) in the XCO-catalogue	tracksuit) in the XCO-catalogue			

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## 9 SAPF COMPETITIONS

### 9.1 Competition Calendar

- 1) The schedule of National, Provincial and Club competitions will be published on the SAPF website.
- 2) The international IPF-sanctioned competitions are published on the IPF website.

### 9.2 National Championships

- 1) The following national competitions will be scheduled each year
  - SA Classic Powerlifting Championships
  - SA Equipped Powerlifting Championships
  - SA Classic Bench Press Championships
  - SA Equipped Bench Press Championships
- 2) The SA Championships will be scheduled in time for team selection to be done to meet the Preliminary Entry dates of the first International event for that team.
- 3) Classic and Equipped Bench Press Championships can be held as a combined event
- 4) The SA University Championships will be held in conjunction with the SA Classic Powerlifting Championships
- 5) The schedule of National championships will be published on the website.
- 6) The Standard Championship Entry Fees for all National Championships are determined by the Meet Director and approved by the Executive Committee.
- 7) In certain and special circumstances, the Executive Committee may at its discretion, instruct the Meet Director of the qualifying National Championship to impose a 'Extraordinary Levy' in addition to the Standard Championship Entry Fee.
- 8) At the discretion of the Executive Committee, part or all of the 'Extraordinary Levy' may be refunded back to the coastal and / or inland Province's participants. The Provinces in turn, would then refund their participants that portion of the 'Extraordinary Levy'.

### 9.3 Provincial Championships

- 1) All provinces must schedule their Provincial Championships in time for lifters to qualify for the corresponding National Championship.
- 2) Only results achieved at any Provincial Equipped Powerlifting Championships may be considered to qualify to compete at SA Equipped Powerlifting Championships
- 3) Only results achieved at any Provincial Classic Championships may be considered to qualify to compete at SA Classic Powerlifting Championships

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- 4) Only results achieved at any Provincial Equipped Bench Press Championships may be considered to qualify to compete at SA Equipped Bench Press Championships
- 5) Only results achieved at any Provincial Classic Bench Press Championships may be considered to qualify to compete at SA Classic Bench Press Championships

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## 10 Criteria to lift at SAPF / IPF Competitions

Table 7. Criteria to lift at SAPF / IPF Competitions, Provincial Championships, National Championships & International Championships

COMPETITION	CRITERIA TO LIFT	WADA Education Minimum Course	QUALIFICATION STANDARD	SETTING AND BREAKING RECORDS	ENABLES LIFTER TO QUALIFY FOR
<b>Club Competitions</b>					
<b>Club Competitions</b>	1) Any lifter, except banned lifters. 2) No SAPF affiliation required	None	None	No records can be set/broken	Provincial Championships (at discretion of Province)
<b>Provincial Competitions</b>					
<b>Classic and Equipped Bench Press &amp; Classic and Equipped Powerlifting</b>	1) Have to affiliate with SAPF 2) No banned lifters allowed	Talented Athlete or International-level Athlete Education Program is required to enter a Provincial Competition.  Affiliated lifter can enter Provincial championship of any Province.	None	Provincial records of their home Province only. <b>But:</b> Can't take a medal, title or break records of another Provinces - only at their own Province.	Appropriate National Championships, based on the Incentive Badges and Qualifying Standards document.  * Provincial Colours (at discretion of Province)
<b>National Championships</b>					

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COMPETITION	CRITERIA TO LIFT	WADA Education Minimum Course	QUALIFICATION STANDARD	SETTING AND BREAKING RECORDS	ENABLES LIFTER TO QUALIFY FOR
<b>SA Equipped Bench Press Championships</b>	<ol style="list-style-type: none"> <li>1) Have to affiliate to SAPF</li> <li>2) No banned lifters allowed</li> </ol>	International-level Athlete Education Program is required to qualify for National Competitions.	<p>Affiliated lifter can qualify for Nationals at a Provincial Equipped Bench Press Championship in any province, subject to lifting the qualifying standard for SA Champs.</p> <p><b>Automatic Qualification to lift:</b></p> <p>Prior years Current SA Champion in same age and body weight category does not need to qualify for next Championship.</p>	SA Equipped Bench Press Records and Provincial Equipped Bench Press records.	<p>Equipped Bench Press team for current year's Internationals - (Subject to Selection Criteria*)</p> <p>All African Equipped Bench Press Championships</p> <p>Commonwealth Equipped Bench Press Championships</p> <p>IPF World Equipped Bench Press Championships</p>
<b>SA Classic Bench Press Championships</b>	<ol style="list-style-type: none"> <li>1) Have to affiliate to SAPF</li> <li>2) No banned lifters allowed</li> </ol>	International-level Athlete Education Program is required to qualify for National Competitions.	Affiliated lifter can qualify for Nationals at a Provincial Classic Bench Press Championship in any province, subject to	SA Classic Bench Press Records and Provincial Classic Bench Press records.	<p>Classic Bench Press team for current year's Internationals - (Subject to Selection Criteria*)</p> <p>All African Classic and</p>

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COMPETITION	CRITERIA TO LIFT	WADA Education Minimum Course	QUALIFICATION STANDARD	SETTING AND BREAKING RECORDS	ENABLES LIFTER TO QUALIFY FOR
		Affiliated lifter can qualify for Nationals at any Provincial Championship, subject to lifting the qualifying standard for SA Champs.	lifting the qualifying standard for SA Champs.  <b>Automatic Qualification to lift:</b>  Prior years Current SA Champion in same age and body weight category does not need to qualify for next Championship.		Equipped Bench Press Championships  Commonwealth Classic and Equipped Bench Press Championships  IPF World Classic and Equipped Bench Press Championships
<b>SA Equipped Powerlifting Championships</b>	1) Have to affiliate to SAPF 2) No banned lifters allowed	International-level Athlete Education Program is required to qualify for National Competitions.  Affiliated lifter can qualify for Nationals at any Provincial Championship, subject to lifting the qualifying standard for SA Champs.	Affiliated lifter can qualify for Nationals at a Provincial Equipped Powerlifting Championship in any province, subject to lifting the qualifying standard for SA Champs.  <b>Automatic Qualification to lift:</b>	SA Equipped Powerlifting Records  Provincial Equipped Powerlifting records  SA Equipped Single-lift Bench Press Records	Equipped Powerlifting for current year's Internationals - (Subject to Selection Criteria* )  All African Equipped Powerlifting Championships Commonwealth Equipped Powerlifting and Bench Press Championships



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COMPETITION	CRITERIA TO LIFT	WADA Education Minimum Course	QUALIFICATION STANDARD	SETTING AND BREAKING RECORDS	ENABLES LIFTER TO QUALIFY FOR
			Prior years Current SA Champion in same age and body weight category does not need to qualify for next Championship.	Provincial Equipped Single-lift Bench Press records.	IPF World Equipped Powerlifting Championships
<b>SA Classic Powerlifting Championships</b>	1) Have to affiliate to SAPF 2) No banned lifters allowed	International-level Athlete Education Program is required to qualify for National Competitions.  Affiliated lifter can qualify for Nationals at any Provincial Championship, subject to lifting the qualifying standard for SA Champs.	Affiliated lifter can qualify for Nationals at a Provincial Classic Powerlifting Championship in any province, subject to lifting the qualifying standard for SA Champs.  <b>Automatic Qualification to lift:</b>  Prior years Current SA Champion in same age and body weight category does not need to qualify for next Championship.	SA Classic Powerlifting Records Provincial Classic Powerlifting records  SA Classic Single-lift Bench Press Records Provincial Classic Single-lift Bench Press records.	Equipped Powerlifting teams for current year's Internationals - (Subject to Selection Criteria*) All African Equipped and Classic Powerlifting Championships Commonwealth Equipped and Classic Powerlifting Championships IPF World Equipped and Classic Powerlifting Championships

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COMPETITION	CRITERIA TO LIFT	WADA Education Minimum Course	QUALIFICATION STANDARD	SETTING AND BREAKING RECORDS	ENABLES LIFTER TO QUALIFY FOR
<b>International Championships</b>					
<b>International Equipped Bench Press Championships</b>	1) Have to affiliate to SAPF 2) No banned lifters allowed	International-level Athlete Education Program is required to qualify for International Competitions.	Selected for team based on Selection Criteria.	SA Equipped Bench Press records  All African Equipped Bench Press records  Commonwealth Equipped Bench Press records  IPF World Equipped Bench Press records	
<b>International Classic Bench Press Championships</b>	1) Have to affiliate to SAPF 2) No banned lifters allowed	International-level Athlete Education Program is required to qualify for International Competitions.	Selected for team based on Selection Criteria	SA Classic Bench Press records  All African Classic Bench Press records  Commonwealth	

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COMPETITION	CRITERIA TO LIFT	WADA Education Minimum Course	QUALIFICATION STANDARD	SETTING AND BREAKING RECORDS	ENABLES LIFTER TO QUALIFY FOR
				<p>Classic Bench Press records</p> <p>IPF World Classic Bench Press records</p>	
<b>International Equipped Powerlifting Championships</b>	<ol style="list-style-type: none"> <li>1) Have to affiliate to SAPF</li> <li>2) No banned lifters allowed</li> </ol>	International-level Athlete Education Program is required to qualify for International Competitions.	Selected for team based on Selection Criteria	<p>SA Equipped Powerlifting and Bench Press records</p> <p>All African Equipped Powerlifting and Bench Press records</p> <p>Commonwealth Equipped Powerlifting and Bench Press records</p> <p>IPF World Equipped Powerlifting and</p>	

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COMPETITION	CRITERIA TO LIFT	WADA Education Minimum Course	QUALIFICATION STANDARD	SETTING AND BREAKING RECORDS	ENABLES LIFTER TO QUALIFY FOR
				Bench Press records	
<b>International Classic Powerlifting Championships</b>	1) Have to affiliate to SAPF 2) No banned lifters allowed	International-level Athlete Education Program is required to qualify for International Competitions.	Selected for team based on Selection Criteria	SA Classic Powerlifting and Bench Press records All African Classic Powerlifting and Bench Press records Commonwealth Classic Powerlifting and Bench Press records IPF World Classic Powerlifting and Bench Press records	
<b>WORLD GAMES</b>					
<p>The established weight categories for the World Games are:</p> <ol style="list-style-type: none"> <li>1) Men's Lightweight (59.00kg and 66.00kg)</li> <li>2) Men's Middleweight (74.00kg and 83.00kg)</li> <li>3) Men's Heavyweight (93.00kg and 105.00kg)</li> <li>4) Men's Super-Heavyweight (120.00kg and 120.00+kg)</li> </ol>					



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COMPETITION	CRITERIA TO LIFT	WADA Education Minimum Course	QUALIFICATION STANDARD	SETTING AND BREAKING RECORDS	ENABLES LIFTER TO QUALIFY FOR
	<ul style="list-style-type: none"> <li>5) Women’s Lightweight (47.00kg and 52.00kg)</li> <li>6) Women’s Middleweight (57.00kg and 63.00kg)</li> <li>7) Women’s Heavyweight (69.00kg and 76.00kg)</li> <li>8) Women’s Super-heavyweight (84.00kg and 84.00+kg)</li> </ul>				
<p><b>Rules for World Games 2022:</b></p> <p>The 1st, 2nd and 3<sup>rd</sup> place finishers, in each IPF weight class, at the 2021 IPF World Championships, will qualify automatically for the 2022 World Games, with the <b>EXCEPTION</b> of the following circumstances:</p> <p>No more than two (2) lifters, per country, can be selected for each of the IWGA weight category listed above (i.e., Men’s Middleweight 74.00 –83.00).</p> <p>In circumstances of a tie between two (2) lifters, the athlete with the highest IPF Points Score will determine the higher placing. As an example, if the Country “A” has lifters which finish 1<sup>st</sup> and 2<sup>nd</sup> in the 74.00kg weight class and 2<sup>nd</sup> place in the 83.00kg weight class, the lifter from Country “A”, which placed second, with the higher IPF Points Score, will be awarded the World Games slot. The third lifter from Country “A” will be placed onto the reserve list; however, the reserve lifter from Country “A” can only be selected, if one of the top two (2) Country “A” lifters in the IWGA weight category (74.00kg –83.00kg) drops out.</p> <p>Each Regional Federation shall receive two (2) “Regional” slots. One (1) slot for men and one (1) for women. The established “Regional” slots will be selected at each of the six (6) regional championships in 2021/22.</p> <p>Each of the eight (8) IWGA weight classes will contain twelve (12) athletes each, with the total number not to exceed ninety-six (96) lifters (48 Men and 48 Women).</p> <p>The host country of USA will receive a maximum of four (4) wild card slots.</p>					



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COMPETITION	CRITERIA TO LIFT	WADA Education Minimum Course	QUALIFICATION STANDARD	SETTING AND BREAKING RECORDS	ENABLES LIFTER TO QUALIFY FOR
<p>The USA men will receive two of the wild card slots and the USA women shall receive two (2) slots. The slots must be in different weight categories.</p> <p>The wild card lifters must lift in a category, where there are no qualified lifters from the host country which qualified at the 2021 IPF World Open Powerlifting Championships or Regional Championships in 2021/22.</p> <p>The total number of lifters for the host country cannot exceed a total of eight (8) lifters.</p> <p>If the host country of USA has more than four (4) lifters qualified via the official qualifying event, the 2021 IPF World Open Powerlifting Championships, the number of wild cards will be automatically reduced. As an example, if the host country qualifies five (5) lifters at the 2021 IPF World Open Powerlifting Championship, they will receive only three (3) wild card slots.</p> <p>The quota of wild card lifters cannot be extended as described in number 6, section c. For example, if the host country qualifies six (6) male lifters and no female lifters at the 2021 IPF World Open Powerlifting Championships, the two (2) wild card slot, must be used for the women's categories.</p> <p>The remaining open slots will be filled based on each athlete IPF Points Score from the 2021 IPF Open World Powerlifting Championships.</p> <p>Each weight class, will have a list of five (5) reserve lifters, in each IWGA weight category, and the reserve slots will be determined by the IPF Points coefficient from the 2021 IPF Open World Powerlifting Championships.</p> <p>The IPF will approve invitations for Regional slots. SASCOC and the SAPF engage in an MOU which specifies the criteria for Team South Africa.</p>					

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COMPETITION	CRITERIA TO LIFT	WADA Education Minimum Course	QUALIFICATION STANDARD	SETTING AND BREAKING RECORDS	ENABLES LIFTER TO QUALIFY FOR
<b>World Games</b>	1) Have to affiliate to SAPF 2) No banned lifters allowed	International-level Athlete Education Program is required to qualify for International Competitions.	<b>IPF Qualifying Criteria for 2022:</b> The 2021 IPF Open World Powerlifting Championships, held from 8-14 November 2021 in Stavanger/Norway, will be the official qualifying competition for the 2022 World Games.	SA Equipped Powerlifting and Bench Press records African Equipped Powerlifting and Bench Press records Commonwealth Equipped Powerlifting and Bench Press records IPF World Equipped Powerlifting and Bench Press records	
<b>UNIVERSITY CUP</b>					
<b>SA University Cup</b>	1) Have to affiliate to SAPF 2) No banned lifters allowed	International-level Athlete Education Program is required to qualify for International Competitions.	Below criteria are for 2021 (to be reviewed for 2022, possibly increase the criteria to lift at a provincial championships)	SA Classic Powerlifting and Bench Press records	

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COMPETITION	CRITERIA TO LIFT	WADA Education Minimum Course	QUALIFICATION STANDARD	SETTING AND BREAKING RECORDS	ENABLES LIFTER TO QUALIFY FOR
			1) Age criteria as published each year (for 2021 - Born between 01 January 1996 and 31 December 2003)  2) Currently registered at a University for a degree or diploma OR Graduated last year  <b>(For SAPF lifters)</b> Affiliated for 2021 and have competed in a Club, Provincial or National competition in 2021.		
<b>APF University Cup</b>	1) Have to affiliate to SAPF 2) No banned lifters allowed	International-level Athlete Education Program is required to	1) Age criteria as published each year (for 2021 - Born between 01 January 1996 and	SA Classic Powerlifting and Bench Press records	



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COMPETITION	CRITERIA TO LIFT	WADA Education Minimum Course	QUALIFICATION STANDARD	SETTING AND BREAKING RECORDS	ENABLES LIFTER TO QUALIFY FOR
		qualify for International Competitions.	31 December 2003) 2) Currently registered at a University for a degree or diploma OR Graduated last year 3) Competed at SA Classic Powerlifting Championships	All African Classic Powerlifting and Bench Press records  Commonwealth Classic Powerlifting and Bench Press records  IPF World Classic Powerlifting and Bench Press records	
<b>IPF University Cup</b>	1) Have to affiliate to SAPF 2) No banned lifters allowed	International-level Athlete Education Program is required to qualify for International Competitions.	As per criteria published in the Official invitation for the event.	SA Classic Powerlifting and Bench Press records  All African Classic Powerlifting and Bench Press records	

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COMPETITION	CRITERIA TO LIFT	WADA Education Minimum Course	QUALIFICATION STANDARD	SETTING AND BREAKING RECORDS	ENABLES LIFTER TO QUALIFY FOR
				Commonwealth Classic Powerlifting and Bench Press records  IPF World Classic Powerlifting and Bench Press records	
<b>EXHIBITION EVENTS / COMPETITIONS</b>					
'Arnold Classic Africa' Powerlifting and Bench Press events (Classic and Equipped)	<ol style="list-style-type: none"> <li>1) Have to affiliate to SAPF</li> <li>2) No banned lifters allowed</li> </ol>	International-level Athlete Education Program is required to qualify for International Competitions.	<p>Participation in the Arnold Classic Africa, and the entry criteria will be decided on an annual basis for each event.</p> <p>Rules for 2021:</p> <ol style="list-style-type: none"> <li>1) Lifters who compete in the 2021 Arnold Classic Africa Powerlifting events do so as individuals, and</li> </ol>	To be determined each year depending on IPF status and also Referee presence.	The events may not be used as qualifying competitions for any other championships.

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COMPETITION	CRITERIA TO LIFT	WADA Education Minimum Course	QUALIFICATION STANDARD	SETTING AND BREAKING RECORDS	ENABLES LIFTER TO QUALIFY FOR
			<p>not as part of Team SA.</p> <p>2) Lifters compete as IPF-affiliated individuals in the Open age category only, rather than as members of a national team. No National Colours are awarded, and the events may not be used as qualifying competitions for any other championships.</p> <p>3) As such, the events are open to any SAPF lifter (including non-South African citizens) who</p>		

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COMPETITION	CRITERIA TO LIFT	WADA Education Minimum Course	QUALIFICATION STANDARD	SETTING AND BREAKING RECORDS	ENABLES LIFTER TO QUALIFY FOR
			<p>meets the following criteria:</p> <p>4) The Arnolds is not their first competition (i.e., they must have competed in a Club, Provincial or National level event in the 12 months prior to the competition)</p>		

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## 11 SAFEGUARDING

- 1) The SAPF Safeguarding Policy is published on the SAPF website
  
- 2) Starting at National level, then moving to all Provinces, and eventually all Clubs, all structures need to :
  - a. Accept the SAPF Safeguarding Policy
  - b. Appoint one or more Designated Safeguarding Officers
  - c. Publish details of the anonymous reporting application
  - d. Promote education and awareness regarding safeguarding.
  
- 3) All people in a position of authority (Executive, coaches, referees, spotters, team managers etc) will need to comply with the Safeguarding Policy by :
  - a. Accepting the SAPF Safeguarding Policy
  - b. Completing a Safeguarding Awareness Certificate
  - c. Obtaining 3 clearances (Criminal check, Sexual offenders register, and Child Protection register)
  - d. Signing the Code of Ethics
  - e. Signing the Declaration of Good Standing

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## 12 APPENDIX A – Affiliation Acknowledgement Form

The Acknowledgement form below is completed by all SAPF members

- 1) During the affiliation process each year
- 2) During the weigh-in process for all National Championships

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## SA POWERLIFTING FEDERATION

### 20\_\_ APPLICATION FOR MEMBERSHIP:

### ACKNOWLEDGEMENT

NAME AND SURNAME \_\_\_\_\_

ID NUMBER \_\_\_\_\_

By my signature below, I \_\_\_\_\_ [name] acknowledge and accept the terms and conditions set forth in the Constitution of the South African Powerlifting Federation ("the SAPF Constitution"), specifically, without limiting the generality thereof, all rules and guidelines with regard to doping and doping offences. I confirm that it is my responsibility to review and be familiar with all the documents available on [www.powerliftingsa.co.za](http://www.powerliftingsa.co.za). I agree to be bound by the rules, policies and procedures set forth and contemplated in the SAPF Constitution, together with the rules, policies and procedures of any bodies to which the South African Powerlifting Federation ("SAPF") is affiliated, as reviewed and updated from time to time.

In particular, I furthermore acknowledge that in affiliating to the SAPF, including my taking part in any competition held under the auspices and sanction of the SAPF and the International Powerlifting Federation ("IPF"), I, inter alia, agree that I am bound by the rules, policies and procedures as set forth by the IPF and the World Anti-Doping Agency ("WADA"), in particular the rules, policies and procedures regarding doping control. I acknowledge that it is my responsibility to familiarize myself with the standards, rules, policies and procedures set forth by the SAPF and the IPF [found at [www.powerlifting-ipf.com](http://www.powerlifting-ipf.com) and [www.powerliftingsa.co.za](http://www.powerliftingsa.co.za)], and in particular but without limiting the generality thereof the policies, rules and regulations set forth by WADA [found at [www.wada.com](http://www.wada.com)].

Once affiliated to the SAPF, I acknowledge that I will remain a member of the SAPF, bound by the rules, policies and procedures mentioned above, whether my affiliation fees are paid or not, until I tender my resignation in writing. I also acknowledge that only paid-up members of the SAPF in good standing, may participate in SAPF competitions as lifters or officials.

By my signature below, I acknowledge that I accept, and am bound by the rules, policies and procedures of the IPF, WADA and the SAPF and, to this end that I am legally bound, in addition, to submit to any doping test or doping testing method deemed appropriate by:

- 1.1 the SAPF and/or the IPF, including in-competition and out-of-competition testing;
- 1.2 the South African Institute for Drug-Free Sport; and will accept any and all sanctions imposed by the SAPF and/or the IPF, as the case may be.

My signature below in addition confirms my agreement to follow, all procedures laid down by the SAPF and/or the IPF and/or WADA as the case may be, for the management and appeal of all doping related infringements until their conclusion, from time to time.

I will follow such steps as are set forth by the SAPF as read with the IPF and WADA policies and procedures, in regard to doping tests and doping test methods, in the order in which they are set out in the documents regardless of whether I disagree with such steps.

I agree to pay on demand to the SAPF / IPF the fines (plus administration/bank charges to the SAPF and IPF fines) as stipulated in the constitution of the SAPF if and when I have an adverse drug finding against me. As at 1/1/2022 the respective fines are R10 000.00 (Ten Thousand Rand) for a local test and a minimum of €2500 (Two Thousand Five Hundred Euros), for an international test (or the going rate at the time). Fines could change regularly as per IPF. All the other stipulations regarding participation etc as described in the constitution, is applicable and I confirm that I am fully aware of the contents thereof.

If I fail to follow such steps, in proper order and to completion, I agree to pay all legal costs, on both my part, and that of the SAPF and/or the IPF as the case may be, for all legal actions, regardless of outcome.

By my signature below, I hereby give consent to the SAPF to store and process my Personal Information where the processing is necessary and only for purposes of powerlifting administration, management and reporting. The SAPF acknowledges and agrees that the Personal Information will not, under any circumstances, be processed for purposes prohibited by POPI and/or the principles contained in POPI and that the processing of Personal Information will be done fairly and in accordance with legal provisions, given that the purpose for which processing of the Personal Information is adequate, relevant and not excessive.

Signed at \_\_\_\_\_ on this \_\_\_\_\_ day of \_\_\_\_\_ 20\_\_

Signature: \_\_\_\_\_ Witness: \_\_\_\_\_

If under the age of 18 years old, Guardian approval required:

Signature: \_\_\_\_\_ Witness: \_\_\_\_\_

### 13 APPENDIX B - Incentive Badges and Qualification Standards

#### SA POWERLIFTING AND BENCH PRESS - INCENTIVE BADGES AND QUALIFYING STANDARDS

MEN'S INCENTIVE BADGE : POWERLIFTING													
DIV	YELLOW	ORANGE	GREEN	BLUE	BROWN	BLACK	BRONZE	SILVER	GOLD	ELITE 1	ELITE 2	ELITE 3	ELITE 4
83	285	280	317.5	345	370.5	402.5	430	480	485	510	540.5	567.5	585
88	392.5	332.5	352.5	385	415	440	477.5	507.5	537.5	585	585	625	655
88	302.5	325	380	425	480	485	527.5	580	580.5	625	655	687.5	720
74	347.5	360.5	400	425	485	502.5	572.5	607.5	642.5	680	715	750.5	780
83	385	402.5	480	500	540.5	582.5	602.5	680.5	700	740	780	820	880
85	407.5	447.5	480	530	575	617.5	680	705	745	787.5	830	872.5	915
108	432.5	475	520	585	610	655	702.5	745	790	835	877.5	922.5	965
128	482.5	467.5	545	590	637.5	685	732.5	780	825	872.5	920	965	1012.5
129+	482.5	507.5	585	600.5	685	705	752.5	800	847.5	892.5	937.5	980	1022.5

WOMEN'S INCENTIVE BADGE : POWERLIFTING													
DIV	YELLOW	ORANGE	GREEN	BLUE	BROWN	BLACK	BRONZE	SILVER	GOLD	ELITE 1	ELITE 2	ELITE 3	ELITE 4
45	142.5	157.5	175	192.5	212.5	230	247.5	267.5	287.5	307.5	330	352.5	377.5
47	152.5	170	187.5	207.5	227.5	245	265	285	305	325	345	367.5	392.5
82	185	192.5	202.5	222.5	242.5	262	287.5	307.5	330	352.5	375	400	425
87	180	200	222.5	245	267.5	290	312.5	337.5	362.5	385	407.5	432.5	457.5
88	197.5	217.5	242.5	265	290	315	340	367.5	392.5	420	447.5	470	497.5
88	210	230.5	257.5	280.5	310	335	362.5	390.5	417.5	447.5	477.5	502.5	530
78	222.5	247.5	275	300	330	357.5	387.5	417.5	445	477.5	510	537.5	565
84	242.5	270	300	330	360	390	422.5	455	487.5	517.5	547.5	580	612.5
84+	255	285	317.5	347.5	380	412.5	447.5	480	515	547.5	580	617.5	652.5

MEN'S INCENTIVE BADGE : BENCH PRESS													
DIV	YELLOW	ORANGE	GREEN	BLUE	BROWN	BLACK	BRONZE	SILVER	GOLD	ELITE 1	ELITE 2	ELITE 3	ELITE 4
83	80	87.5	75	80	87.5	92.5	100	105	112.5	117.5	125	130	137.5
88	87.5	75	82.5	87.5	95	92.5	110	115	122.5	130	137.5	145	150
88	72.5	80	87.5	95	105	112.5	120	127.5	137.5	142.5	150	157.5	165
74	82.5	90	87.5	107.5	117.5	125	135	142.5	150	160	170	185	197.5
83	90	100	110	120	130	137.5	147.5	157.5	167.5	177.5	187.5	195	205
83	97.5	107.5	117.5	127.5	137.5	147.5	160	167.5	177.5	187.5	197.5	207.5	217.5
108	105	115	125	135	147.5	157.5	170	180	190	200	210	220	230
128	110	117.5	130	140	152.5	165	175	187.5	197.5	210	220	232.5	242.5
129+	112.5	120	132.5	145	157.5	170	180	192.5	202.5	212.5	225	237.5	247.5

WOMEN'S INCENTIVE BADGE : BENCH PRESS													
DIV	YELLOW	ORANGE	GREEN	BLUE	BROWN	BLACK	BRONZE	SILVER	GOLD	ELITE 1	ELITE 2	ELITE 3	ELITE 4
43	30	32.5	35	40	45	50	55	60	62.5	67.5	72.5	80	85
47	35	37.5	42.5	45	50	55	60	65	70	75	80	85	90
82	37.5	40.5	47.5	50	55	60	65	70	75	80	87.5	92.5	97.5
87	40	45	50	55	62.5	67.5	72.5	77.5	82.5	87.5	95	100	105
88	45	50	55	60	67.5	72.5	77.5	82.5	90	95	102.5	107.5	115
88	47.5	52.5	57.5	65	72.5	77.5	82.5	87.5	95	102.5	110	115	122.5
78	52.5	57.5	62.5	70	77.5	82.5	87.5	92.5	102.5	110	117.5	122.5	130
84	57.5	62.5	70	75	82.5	90	97.5	105	112.5	120	125	132.5	140
84+	60	65	72.5	80	87.5	95	102.5	112.5	120	127.5	135	142.5	150

MEN'S QUALIFYING STANDARDS POWERLIFTING		
COMPLETE	MEDAL & TITLE	NATIONAL COLOURS
S/J	OC	BLUE
J	YELLOW	GREEN
O	BROWN	BLACK
M1	ORANGE	GREEN
M2	YELLOW	ORANGE
M3	YELLOW	ORANGE
M4	YELLOW	ORANGE

MEN'S QUALIFYING STANDARDS POWERLIFTING UNSQUIPPED		
COMPLETE	MEDAL & TITLE	NATIONAL COLOURS
S/J	OC	ORANGE
J	YELLOW	YELLOW
O	GREEN	BLUE
M1	ORANGE	GREEN
M2	YELLOW	YELLOW
M3	OC	YELLOW
M4	OC	YELLOW

WOMEN'S QUALIFYING STANDARDS POWERLIFTING		
COMPLETE	MEDAL & TITLE	NATIONAL COLOURS
S/J	OC	BLUE
J	YELLOW	GREEN
O	GREEN	BLUE
M1	YELLOW	ORANGE
M2	OC	YELLOW
M3	OC	YELLOW
M4	OC	YELLOW

WOMEN'S QUALIFYING STANDARDS POWERLIFTING UNSQUIPPED		
COMPLETE	MEDAL & TITLE	NATIONAL COLOURS
S/J	OC	YELLOW
J	YELLOW	YELLOW
O	ORANGE	GREEN
M1	ORANGE	GREEN
M2	OC	YELLOW
M3	OC	YELLOW
M4	OC	YELLOW

MEN'S QUALIFYING STANDARDS BENCH PRESS		
COMPLETE	MEDAL & TITLE	NATIONAL COLOURS
S/J	YELLOW	BROWN
J	ORANGE	BLUE
O	BLACK	BRONZE
M1	GREEN	BLUE
M2	ORANGE	GREEN
M3	ORANGE	GREEN
M4	YELLOW	ORANGE

MEN'S QUALIFYING STANDARDS BENCH PRESS UNSQUIPPED		
COMPLETE	MEDAL & TITLE	NATIONAL COLOURS
S/J	YELLOW	GREEN
J	YELLOW	ORANGE
O	BLUE	BROWN
M1	YELLOW	ORANGE
M2	YELLOW	YELLOW
M3	YELLOW	YELLOW
M4	YELLOW	YELLOW

WOMEN'S QUALIFYING STANDARDS BENCH PRESS		
COMPLETE	MEDAL & TITLE	NATIONAL COLOURS
S/J	YELLOW	BROWN
J	ORANGE	BLUE
O	BLUE	BROWN
M1	ORANGE	GREEN
M2	YELLOW	ORANGE
M3	OC	YELLOW
M4	OC	YELLOW

WOMEN'S QUALIFYING STANDARDS BENCH PRESS UNSQUIPPED		
COMPLETE	MEDAL & TITLE	NATIONAL COLOURS
S/J	YELLOW	GREEN
J	YELLOW	ORANGE
O	ORANGE	GREEN
M1	YELLOW	YELLOW
M2	YELLOW	YELLOW
M3	OC	YELLOW
M4	OC	YELLOW

OC = If bar must be competed in a qualifying event and posted a total

(Effective from Mar 2023)