

1NZPF CLASSIFICATION TOTALS AND HOW THEY WORK

The NZPF Classification Totals are all “QUALIFYING TOTALS” for International Competition, and North and South Island and National Championships. Qualifying Totals **MUST** be achieved in the immediate competition year prior to the contest the lifter is intending to qualify for, and must be achieved to qualify to compete at North and South Island, and National Championships (except for the situations under the rules specified on page 3 below, ie legitimate reasons for exemption).

<u>LEVEL REQUIRED</u>	<u>LEVEL OF CONTEST LIFTER HAS QUALIFIED FOR</u>
GOLD	Men’s and Women’s Open World Champs – with NZPF funding if available.
SILVER	Mens and womens Open Commonwealth Champs- with NZPF funding if available.
BRONZE	World Junior (under 23 years) and Master (40 – 49 years) Champs; with NZPF funding if available. Commonwealth Champs Masters 40-49 years and Junior Lifters Oceania Champs for Open lifters.
BLACK	World Sub – Junior (under 18 years) and World Masters (50+ Years) Champs; with NZPF funding if available. Commonwealth Champs Masters 50-59 Years and Sub- Junior Lifters Oceania Champs for Junior (under 23 years) and Master (40 – 49 years) lifters; NZPF National Champs for Open Lifters.
BROWN	World Master (60+ years) Champs; with NZPF funding if available. Commonwealth Champs Masters 60-69 years Lifters Oceania Champs for Sub-Junior (under 18 years) and Master (50+ years) lifters ; NZPF National Champs for Junior (under 23 years) and Master (40 – 49 years) lifters; North and South Island Champs for Open Lifters.
BLUE	NZPF National Champs for Sub-Junior (under 18 years) and Master (50+ years) lifters; North and South Island Champs for Junior (under 23 years) and all Master lifters Commonwealth Champs, Master 70+years Lifters

OR

CONTEST	QUALIFYING LEVEL REQUIRED
Men's and Women's Open World Champs	Gold
Mens & Womens Commonwealth Champs	Silver
World Junior (under 24 years) Champs	Bronze
World Sub-Juniors (under 18 years) Champs	Black
World Masters (40 – 49 years) Champs	Bronze
World Masters (50 – 59 years) Champs	Black
World Masters (60-69 years) Champs	Brown
World Masters (70+years) Champs	Blue
Commonwealth Champs	Silver for Open Lifters Bronze for Junior Lifters Bronze for M1 Lifters Black for Sub-Junior Lifters Black for M2 Lifters Brown for M3 Lifters Blue for M4 Lifters
Oceania Champs	Bronze for Open Lifters Black for Junior under 24 year Lifters Black for Master 40 – 49 year Lifters Brown for Junior under 18 year Lifters Brown for Master Lifters 50+ Blue for Master Lifters 60+ and 70+
National Champs	Black for Open Lifters Brown for Junior under 24 year Lifters Brown for Master 40 – 49 year Lifters Blue for Junior under 18 year Lifters Blue for Master 50+ year Lifters None for Master 60+ and 70+

North and South Island Champs

Brown for Open Lifters
Blue for Junior and Masters Lifters (all age groups)

NZPF CLASSIFICATION TOTALS

THREE LIFT TOTALS FOR MEN

Grade	52 kg	56 kg	60 kg	67.5 kg	75 kg	82.5 kg	90 kg	100 kg	110 kg	125 kg	125+ kg
Blue	270	300	330	360	390	410	430	445	460	474	490
Brown	300	335	370	400	435	460	485	505	525	542.5	557.5
Black	330	335	370	442.5	480	510	540	565	590	610	625
Bronze	360	405	447.5	485	525	560	595	625	655	677.5	692.5
Silver	390	440	485	535	567.5	607.5	650	682.5	707.5	745	760
Gold	420	470	520	565	610	655	700	740	780	810	830

THREE LIFT TOTALS FOR WOMEN

Grade	44 kg	48 kg	52 kg	56 kg	60 kg	67.5 kg	75 kg	82.5 kg	90 kg	90+ kg
Blue	165	185	205	220	240	250	260	270	280	290
Brown	180	200	220	240	260	270	280	290	300	310
Black	195	215	240	260	280	290	300	310	320	330
Bronze	210	230	260	280	300	310	320	330	340	350
Silver	225	250	280	300	320	330	340	350	360	370
Gold	240	270	300	320	340	350	360	370	380	390

BENCH PRESS TOTALS FOR MEN

Grade	52 kg	56 kg	60 kg	67.5 kg	75 kg	82.5 kg	90 kg	100 kg	110 kg	125 kg	125+ kg
Blue	65	75	80	85	95	100	107.5	117.5	125	132.5	150
Brown	70	80	85	90	102.5	110	117.5	125	132.5	150	162.5
Black	75	85	90	97.5	110	117.5	125	132.5	150	162.5	175
Bronze	80	90	95	105	117.5	127.5	132.5	150	162.5	175	190
Silver	85	95	100	112.5	125	135	147.5	162.5	175	190	205
Gold	90	100	105	120	132.5	145	157.5	175	190	205	220

BENCH PRESS TOTALS FOR WOMEN

Grade	44 kg	48 kg	52 kg	56 kg	60 kg	67.5 kg	75 kg	82.5 kg	90 kg	90+ kg
Blue	35	37.5	40	42.5	45	47.5	52.5	57.5	62.5	67.5
Brown	37.5	40	42.5	47.5	50	52.5	57.5	62.5	67.5	75
Black	40	42.5	47.5	50	55	57.5	62.5	67.5	75	82.5
Bronze	42.5	45	50	55	60	62.5	67.5	75	82.5	90
Silver	47.5	50	55	60	65	67.5	75	82.5	90	95
Gold	50	55	60	65	70	75	80	90	95	100

PROVINCIAL CHAMPIONSHIPS

All lifters competing in Provincial or Higher level Competition **MUST** be financially affiliated to both their **respective Provincial Association** and **the NZPF**, and **be on the NZPF “Out of Contest Drug Testing Programme”**, including at the time they qualified for the respective level of competition, where qualifying standards are required. Those who are not financially affiliated cannot claim Provincial Titles or Provincial or National Records, or use Totals achieved at competitions (when they were not financially affiliated to both the NZPF and their respective Provincial Association) to qualify for higher level competition.

TEAM COMPETITION AT NZPF NATIONAL CHAMPIONSHIPS

Provincial Associations may enter full teams (11 Men or 10 Women, plus five Reserves) in respective North and South Island, or National Championships (Open, Junior or Masters) provided there are no more than two team members in each weight class for each gender and each age group. Teams must be entered in writing with the Technical Officer or Chief Referee of the first lifting session of the respective competition prior to the first weigh-in of the respective weight class to commence lifting in that competition.

Exception. Provincial Associations that cannot fill teams with lifters who have attained respective qualifying standards in accordance with the NZPF Classification Qualifying Standards listed above, may make up their respective teams to the full level (11 Men, 10 Women; plus two Reserves) with non-qualified lifters, for the purpose of scoring Points for the respective gender and age group team competitions in that competition. However, in accordance with the International Powerlifting Federation Rules, only the **top six** points scoring lifter’s from each team may count towards team points for the respective Competition’s Team Titles.

QUALIFYING FOR NATIONAL CHAMPIONSHIPS

All NZPF National Champions from the previous year automatically qualify for the next respective age group and gender National Championships, but must **compete** at a Provincial or North/South Island Championships immediately prior to the National Championship in which they intend to compete.

All other lifters intending to compete at **ANY** National Championship (for **ALL** age groups or genders), must have **qualified** at a Provincial or North/South Island Champs immediately prior to the NZPF National Championships in which they intend to compete. The only other way a lifter who has not reached the Qualifying Standard may compete at a National Championships, is where they competed at an appropriate Provincial or North/South Island Championships and have been included to fill their respective Provincial Association's Team

All lifters intending to compete in **ANY** National Championships, **MUST** have competed, as a fully financial member of both their respective Provincial Association and the NZPF, at a Provincial or North/South Island Championship immediately prior to the respective National Championship. This rule is designed to ensure that each Province's top lifters are seen competing at a Provincial Championship or North/South Island Championship, and therefore raise the profile of the lifters, the Provincial or North/South Island Championships, and Sponsors concerned, and Powerlifting as a whole (this is normal for most sports in NZ and around the World). Lifters who have legitimate reasons for not being able to compete at the above qualifying competitions, (family bereavement, serious injury etc), must apply in writing to the NZPF National Executive Council through their respective Provincial Association for exemption, including providing suitable proof of the legitimate reason for not being able to compete. Each case will be dealt with on its merits.

All lifters must be current financial members to their respective Provincial Association and the NZPF (including at the time when they qualified), and **MUST** have been on the NZPF "**Out of Contest Drug Testing Programme**" for **THREE months** immediately prior to the National Championship in which they wish to compete. **Those who do not meet these criteria will not be allowed to compete.**

DRUG TESTING

Drug Testing may be conducted at **ANY** NZPF sanctioned contests. This includes all contests held by Provincial Associations for financial lifters, who **MUST ALL** be registered on the "**NZPF Out of Contest Drug Testing Programme**" at the time of lifting.

INTERNATIONAL COMPETITION, OCEANIA AND WORLD CHAMPIONSHIPS

All lifters intending to compete at **ANY** International, Oceania or World Championship, **MUST** have competed in the respective National Championship immediately prior to the respective International Contest, Oceania or World Championship they wish to compete in. This rule is designed to ensure that the NZPF's top lifters are seen competing at their respective National Championships, and therefore raise the profile of the lifters concerned, the National Championships, sponsors and Powerlifting as a whole (this is normal for most sports in NZ and around the World). Lifters who have legitimate reasons for not being able to compete at a Provincial Championships, or North/South Island Championship or National Championship (family bereavement, serious injury etc), must apply to the NZPF National Executive Council through their respective Provincial Association for exemption. Such applications must include suitable proof of their legitimate reason for not being able to compete. Each case will be dealt with on its merits by the NZPF National Coach and National Executive Council.

NATIONAL RECORDS

National Records can only be broken at Provincial or higher level competitions.

National Records broken at **Provincial Championships** will only be recognised by the NZPF National Coach, Record Keeper and National Executive Council when accompanied by a copy of the respective Competition result sheet and completed Record Application Form (signed by the three NZPF Referees of National or International grade, who officiated during the particular session of the contest in which the record/s were set), is submitted within one month of the Competition in which the record/s were set.

National Records broken at **North/South Island and higher level competitions** will only be recognised by the NZPF National Coach, Record Keeper and National Executive Council when a copy of the official result sheet, (signed by the three NZPF Referees of National or International grade, who officiated during the particular session of the contest in which the record/s were set), is submitted within one month of the Competition in which the record/s were set.

Lifters applying for ratification of National Records (of any age group) MUST be current financial members of both their respective Provincial Association and the NZPF, and have been on the NZPF **“Out of Contest Drug Testing Programme”** for a period of at least **SIX months** immediately prior to setting the record/s concerned.

STEVE LOUSICH
President

Dated : May 2007

New Zealand Powerlifting Qualifying Levels