

Qualifying Procedure 10/1/24

1. National championships are open to all full members of British Powerlifting, provided they have achieved the qualifying total, are active in their division / home nation **and** are not subject to suspension either by British Powerlifting or the IPF.
2. Qualifying totals are set yearly based on championship performances and must be achieved at a competition recognised by British Powerlifting. If a qualifying total set in a particular category exceeds that of higher weight classes, the lifter may elect to lift in the higher class. This must be shown on the entry form.
3. Lifters will be representing their division or nation and must be active in their division or home country. Active means competing, officiating, spotting, loading or being involved in the promotion of divisional or home nation events.
4. Current national champions can defend their title without qualification however should they wish to compete at a different bodyweight they must make the qualifying total for that bodyweight.
5. Competitors cannot change their nominated bodyweight after the closing date for entries and if they don't make the required weight limit for their category, they can only lift as a guest and cannot place. Additionally, entry fees shall not be refundable after the closing date for entries.
6. All British Powerlifting championships will be held in accordance with IPF technical rules and rules of performance.
7. A national championship title can only be claimed if the qualifying total is attained.
8. Qualification must be achieved in the period from the date of the previous championship to five weeks before the current championship.
9. All competitors must comply with British Powerlifting anti-doping procedures and be available for testing should it be required of them.
10. [Article 14 of the Constitution of the International Powerlifting Federation](#) applies to national championships. Accordingly, lifters who have competed internationally in a non-WADA compliant powerlifting event will not be eligible to compete at British Powerlifting national championships for a period of 12 months thereafter. Lifters who have competed nationally in a non-WADA compliant event during the relevant qualification period will be required to withdraw their membership to any other non-WADA compliant powerlifting federation prior to entering the British Powerlifting national competition they intend to compete in.
11. Those who compete in **Sub-Junior, Junior or Masters' events** must produce proof of age i.e. birth certificate, drivers licence or passport at the weigh-in.
12. Current British Powerlifting or home nation membership cards must be shown at the weigh-in if they have not entered in their membership year.
13. All divisional and home nation secretaries will ensure that divisional and home country results are posted on the relevant website.
14. Entry for championships can only be made online via the British Powerlifting website, which will be available up to four weeks before the championship.
15. Qualifying totals for **three-lift** championships may be made at any divisional or home nation championship providing that it is indicated on the score sheet.

16. Qualification for the bench press only competition can be achieved using the bench press in a three-lift competition.
17. Competitors wishing to receive trophies, participation certificates or medals must attend the presentation ceremony.