



Mixed-age British Events: Clarification of the rules.

The events to which this note applies: -

- British Equipped Full Power
- British Equipped Bench Only
- British Classic Bench Only

The ordinary course of events is that a lifter lifts in the age category in which they enter. Before 1 January 2024, any lifter (aged 14+) could lifter in the open age category. Since that date, the IPF restricted open age lifters to Juniors, Masters 1 and Masters 2 lifters.

Lifters should check with their Home Nation / Division regarding the application of the following rules for all other events.

2020 motion

A motion was passed at the AGM which meant that in the event junior and masters lifters were lifting in the same session as open lifters, they would also be entered into the open age category (provided they have achieved the open QT). This meant that juniors and masters lifters, achieving a higher total than open lifters lifting in the same session, were able to place accordingly in the open.

2024 motion

A motion was passed at the AGM which, in the context of classic bench-only events, made the following additions to By Law 25.3: -

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25.3.1 When multiple age categories are competing alongside Open lifters (S-J, Juniors, Masters) non open lifters must elect whether they are competing in their designated age class, or in open (not in both) upon submitting entry to the competition, and may only medal in their designated age class.

25.3.2 When multiple age categories are competing alongside Open lifters (S-J, Juniors, Masters) non open lifters may only attempt record chip attempts (adding less than 2.5kg) if they are lifting in their relevant age category, S-J in S-J, Juniors in Juniors, Masters in Masters or if they are attempting an Open record.

25.3.3 When non open lifters opt in to competing solely in the open during a combined championships, their total may be considered for their relevant international team selection. Eg. A Junior opting to lift in the open's total would be valid for international selection for international junior competitions. Though they would need to apply for dispensation through the relevant head coach

FAQs

What does this mean for me?

If you are a Junior, Master 1 or Master 2 lifter and are entering a mixed age event, save for classic bench only, then you will only be automatically entered into the open age category (provided you have achieved the open QT) if you are lifting alongside open age lifters in your weight class within the same session.

If you are a Junior, Master 1 or Master 2 lifter, there is no automatic right to be entered into the open age category unless: (a) the above situation applies, or (b) you have elected to enter the open category only.

If you are a classic bench only lifter, you must elect which age category you wish to enter. A lifter cannot enter more than one age category.

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What about records?

In a mixed age event, lifters may 'chip' records only in the designated age category in which they are entered.

The age categories are automatically populated when I try to enter an event - how do I tell you I want to lift in the open?

Please email championships@britishpowerlifting.org in order to update your age category before the date of closing if you are a Junior, Master 1 or Master 2 lifter and, instead, wish to lift as an open lifter. Please ensure that you have met the open QT before doing so.

Why can't I choose after the event has closed?

The entry list is available online and kept up to date so lifters have visibility of all entries received prior to the closing of the event. The schedule is prepared based on the number of entries received and cannot always be predicted.

Where possible, sessions are split into age and weight categories but it is not always possible.

How does this affect international selection?

It does not. If you are a Junior, Master 1 or Master 2 lifter, you are open to apply for dispensation for the respective open teams if you wish.

I am a Sub-junior, Master 3 or Master 4 lifter, what about me?

At National level and beyond, you are not eligible to lift in the open age category per the IPF rules.

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