

World Para Powerlifting Appendix 6 – Technical Requirements



March 2022 v1.2

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1 Approved Equipment Supplier

1.1 List of Approved suppliers

Supplier	Approved Items								
	Tier*	Validity	Bench	Bar	Collar	Disc	Platform	Rack	Accessories
	1 & 2	2024	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	2	2024	Yes	Yes	Yes	Yes	Yes	Yes	Yes

*Competition level

1.2 Suppliers Description

Company Profile

Eleiko is a world class equipment manufacturer, whose mission is to “Make people stronger so they perform better in sports and in life”.

As an Official Partner and Approved Supplier of WPPO since 2005, Eleiko equipment is used at all World and Regional Championships, and works closely to support development initiatives in the sport. Working together with WPPO, Eleiko is developing the future of strength, building upon their six-decade legacy and fuelled by an unwavering commitment to innovation, quality, performance and safety; together, we “Raise The Bar”.

Through WPPO, National Paralympic Committees, National Federations, clubs and other stakeholders are able to receive exclusive rates when purchasing Para powerlifting equipment.

If you’re interested in receiving more details about [Eleiko](https://www.eleiko.com) Para powerlifting equipment and WPPO exclusive rates, contact Andreas Andrén: andreas.andren@eleiko.com



Company Profile 

ZKC is a company with a long history in strength sports and is specialised in designing and manufacturing weightlifting and powerlifting equipment.

As an Approved supplier Tier 2 of WPPO, ZKC will be part of our grassroots development programme providing important support to countries in Africa, Asia, Latin America and Oceania in order to improve their expertise and performance in Para powerlifting.



If you're interested in receiving more details about ZKC Para powerlifting equipment and WPPO exclusive rates, contact Ms Tory: zhangkong968574@aliyun.com

2 Approved Uniforms Supplier

Approved	Validity	Suit	Shirt	Wrist Wraps	Belt
 Eleiko	2024	Yes	Yes	Yes	Yes
 BIGSER Bigser	2024	Yes	Yes	Yes	Yes
 Limitless Identity Fashion	2024	Yes	Yes	Yes	Yes

3 Requirements for Competitions

3.1 Number of sets

All Equipment before the start of every session must be in good, safe and clean condition.

Type of Competition	WPPO Approved Equipment Required			Total Number of Sets
Paralympic Games	Benches	Competition	1	44
		Competition Contingency	1	
		Call Area	2	
		Warm Up	10	
		Training	30	
	Set of Discs	*Field of Play	1	44
		**Competition	1	
		**Competition	2	
		**Competition	10	
		***Training	30	
Bars	Bars	44	44	
Jr & Sr World Championships	Benches	Competition	1	29
		Call Area	2	
		Warm Up	10	
		Training	16	
	Set of Discs	*Field of Play	1	29
		**Competition	2	
		**Competition	10	
		***Training	16	
	Bars	Bars	29	29
	Regional Championships (Asia) / Regional Games (Asia)	Benches	Competition	1
Call Area			2	
Warm Up			10	
Training			12	

	Set of Discs	*Field of Play	1	25
		**Competition	12	
		***Training	10	
	Bars	Bars	23	25
Regional Championships / Regional Games	Benches	Competition	1	23
		Call Area	2	
		Warm Up	10	
		Training	10	
	Set of Discs	*Field of Play	1	23
		**Competition	2	
		**Competition	10	
		***Training	10	
	Bars	Bars	23	23
	World Cups / Sub-Regional Games	Benches	Competition	1
Call Area			2	
Warm Up			6	
Training			6	
Set of Discs		*Field of Play	1	15
		**Competition	2	
		**Competition	6	
		***Training	6	
Bars		Bars	15	15
Youth Para Games / Invitational competition		Benches	Competition	1
	Call Area		1	
	Warm Up		4	
	Training		2	
	Set of Discs	**Competition	1	7
		**Competition	1	
		***Training	4	
		***Training	1	
	Bars	Bars	7	7

National Competition	Benches	Competition	1	3
		Warm Up	2	
		Training	0	
	Set of Discs	**Competition	1	3
		***Training	2	
		***Training	0	
	Bars	Bars	3	3

3.2 Set of Discs

* Field of Play = 315kg

** Competition = 265kg

*** Training = 215kg

The set of discs (kg) exclude the bar (20kg) and pair of collars (5kg).

1 x Field of Play Disc Set		
Weight Disc (kg)	Quantity	Total Weight (kg)
25	8	200
20	2	40
15	2	30
10	2	20
5	2	10
2.5	2	5
2	2	4
1.5	2	3
1	2	2
0.5	2	1
	26	315

1 x Competition Disc Set		
Weight Disc (kg)	Quantity	Total Weight (kg)
50	0	0
25	6	150
20	2	40
15	2	30
10	2	20
5	2	10
2.5	2	5
2	2	4
1.5	2	3
1	2	2
0.5	2	1
	24	265

1 x Training Disc Set		
Weight Disc (kg)	Quantity	Total Weight (kg)
50	0	0
25	4	100
20	2	40
15	2	30
10	2	20
5	2	10
2.5	2	5
2	2	4
1.5	2	3
1	2	2
0.5	2	1
	22	215

Note: Sets of 50kg discs will be required in addition to the Field of Play Disc Set in accordance with the level of competition.

4 Equipment Specification Requirements

4.1 WPPO Equipment

- 4.1.1 At all WPPO Recognised Competitions only equipment (bars, collars, weights, platforms and benches) from approved WPPO suppliers is permitted.
- 4.1.2 Equipment that meets the WPPO specifications does not mean it is considered “approved supplier”.

4.2 Components Calibration Tolerance

- 4.2.1 In all WPPO Recognised Competitions, the following differential calibration tolerances must apply in all bars, discs and collars (components):

Competition Components	
Each component weighing over 5kgs	Must not exceed the tolerance parameters of +0.1% to -0.05% (e.g. a 25kg disc must not weigh more than 25 grams over 25kg and never be underweight by more than 12.5 grams).
Each component weighing 5kgs or less	Must not exceed the tolerance parameters of +10 grams to – 0 grams (e.g. a 5kg disc can be overweight by + 10 grams but can never be underweight).
Training Discs	
10kg	10 kg within +/- 80 g
15kg	15 kg within +/- 120 g
20kg	20 kg within +/- 160 g
25kg	25 kg within +/- 200 g

4.3 The Platform

- 4.3.1 The surface of the stage and platform must have a flat and non-slip surface, and the stage must be able to support a minimum weight of 2,000kg.

		Measurements		Comments
Area		Length	Width	
Platform	Minimum	4m	4m	never exceed 5cm in height
	Maximum	4m	4m	

4.4 The Bench dimensions

- 4.4.1 Length: The upholstered bed of the bench must be flat, level and a total of 2100mm in length.
- 4.4.2 Width: The main section of the bed of the bench shall be 610 mm wide, but from a distance of 705 mm from the head end, the width must only be 305 mm leaving two equal shoulders of 152.50 mm.
- 4.4.3 Height: The height must never be less than 480 mm and never exceeding 500 mm measured from the floor to the top of the flat surface of the bed of the bench without it being depressed or compacted.
- 4.4.4 Stands: The height of the rack uprights must be adjustable from a minimum 700mm to a maximum of 1200 mm measured from the floor to the bar rest position. The minimum width between the insides of the bar rests shall be 1100 mm.

4.5 The Bar

- 4.5.1 Bars should have a cap with the WPPO approved supplier logo at the end of the sleeves to clearly identify WPPO approved bars.
- 4.5.2 The bar shall be straight and well knurled and grooved and shall conform to the following dimensions:
- 4.5.2.1 Total overall length must not exceed 2200 mm.
- 4.5.2.2 Distance between the collar faces is not to be less than 1310mm or greater than 1320 mm
- 4.5.2.3 Diameter of the bar is never to be less than 28 mm (preferred) or greater than 29 mm.
- 4.5.2.4 The combined weight of the bar and collars has to be 25kg with the collars weighing 2.5kgs each.
- 4.5.2.5 The diameter of the sleeves must be 50 mm
- 4.5.2.6 There should be a machined marking to precisely indicate a distance of 810 mm between the internal (facing) edges of the machined marking.
- 4.5.3 WPPO Bar specifications:
- Weight: 20 kg
 - Diameter of the bar must be 28mm
 - Thickness of sleeve collar should be 30 mm
 - No knurling from the ends of the bar
 - Bar coating: Chrome
 - Knurling: 1.5
 - Sleeve coating: Chrome, Maximum weight: 1500 kg
- 4.5.3.1 Approved WPPO bars since 2014 will remain acceptable until the end of December
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2024.

4.6 The Discs

- 4.6.1.1 Approved Competition discs must always be used on the FOP, call area, in the warm up room, and can also be used in the training area.
- 4.6.1.2 Approved Training Discs can only be used in the training area
- 4.6.2 WPPO Discs must conform with the following:
 - 4.6.2.1 All discs used in competition must conform to the maximum differential tolerances outlined in point 4.2.
 - 4.6.2.2 The Competition disc should be made of metal and covered with polyurethane (rubber) with permanent colours on both sides and or colour coded around the whole edge of the circumference of the weight.
 - 4.6.2.3 The diameter of the hole in the centre of the disc must be 50.5 mm
 - 4.6.2.4 The diameter of the largest disc must be 450 mm
 - 4.6.2.5 Two (2) times 50kg discs must be used for all attempts of 236kg and above and then four (4) times 50kg discs must be used for all attempts of 305kg and above. Where 50kg discs are not available, metal 25kgs discs from the same manufacture can be used (in this particular instance only).
 - 4.6.2.6 All discs must be visibly marked with their relevant weight value and WPPO logo, always loaded with the heaviest discs innermost on the sleeve, thereafter loaded in descending order of weight with lightest discs towards the outside.
- 4.6.3 The first disc loaded on the bar must always be loaded face inwards for the weight to be readily identified. All additional discs will be loaded face out.

4.7 The Scales

- 4.7.1 In all WPPO Recognised Competitions there must always three (3) electronic scales. One (1) scale will be used solely for the official weigh in during competition, and the other(s) for the training area. All should have as a minimum, the following specifications:
 - 4.7.1.1 electronic platform type, measuring no less than 850mm x 850mm and no greater than 1m x 1m
 - 4.7.1.2 capacity of accurately weighing up to 200kgs measuring to one (1) decimal place in 100g increments
 - 4.7.1.3 certification of calibration from the manufacturer