



# NZPF QUALIFYING TOTALS AND HOW THEY WORK

The NZPF Classification Totals are all "QUALIFYING TOTALS" for International Competition, North, 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, South Island's 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>
<b>GOLD</b>	<b>Men's and Women's Open World Champs – with NZPF funding if available.</b>
<b>SILVER</b>	<b>Mens and womens Open Commonwealth Champs- with NZPF funding if available.</b>
<b>BRONZE</b>	<b>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</b>  <b>Oceania Champs for Open lifters.</b>
<b>BLACK</b>	<b>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</b>  <b>Oceania Champs for Junior (under 23 years) and Master (40 – 49 years) lifters; NZPF National Champs for Open Lifters.</b>
<b>BROWN</b>	<b>World Master (60+ years) Champs; with NZPF funding if available.</b> <b>Commonwealth Champs Masters 60-69 years Lifters</b> <b>Oceania Champs for Sub-Junior (under 18 years) and Master (50+ years) lifters ;</b> <b>NZPF National Champs for Junior (under 23 years) and Master (40 – 49 years) lifters;</b>  <b>North and South Island Champs for Open Lifters.</b>
<b>BLUE</b>	<b>NZPF National Champs for Sub-Junior (under 18 years) and Master (50+ years) lifters;</b> <b>North and South Island Champs for Junior (under 23 years) and all Master lifters</b> <b>Commonwealth Champs, Master 70+years Lifters</b>

## OR CONTEST

## QUALIFYING LEVEL REQUIRED

<b>Men's and Women's Open World Champs</b>	<b>Gold</b>
<b>Mens &amp; Womens Commonwealth Champs</b>	<b>Silver</b>
<b>World Junior (under 24 years) Champs</b>	<b>Bronze</b>
<b>World Sub-Juniors (under 18 years) Champs</b>	<b>Black</b>
<b>World Masters (40 – 49 years) Champs</b>	<b>Bronze</b>
<b>World Masters (50 – 59 years) Champs</b>	<b>Black</b>

**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 FOR EQUIPPED LIFTERS**

### **THREE LIFT TOTALS FOR EQUIPPED MEN SUB JUNIOR/ JUNIOR/ OPEN/ MASTERS**

Grade	53kg	59kg	66kg	74kg	83kg	93kg	105kg	120kg	120+kg
Green	250	280	312.5	330	375	395	415	435	450
Blue	282.5	315	345	367.5	415	435	455	480	585
Brown	317.5	350	382.5	412.5	465	490	515	535	552.5
Black	335	385	422.5	457.5	515	545	575	600	620
Bronze	385	422.5	462.5	502.5	565	600	635	665	687.5
Silver	415	467.5	500	545	612.5	655	692.5	727.5	755
Gold	445	495	535	587.5	660	705	750	800	830
Elite	510	567.5	615	675	757.5	810	860	917.5	940

### **THREE LIFT TOTALS FOR EQUIPPED WOMEN SUB JUNIOR/ JUNIOR/ OPEN/ MASTERS**

Grade	43kg	47kg	52kg	57kg	63kg	72kg	84kg	84+kg
Green	145	167.5	190	215	230	245	265	275
Blue	160	185	205	230	250	260	280	290
Brown	175	200	222.5	250	270	280	300	310
Black	190	215	240	270	290	300	320	330
Bronze	205	235	260	290	310	320	340	350
Silver	220	252.5	277.5	310	330	340	360	370
Gold	235	270	297.5	330	350	360	380	390
Elite	280	325	357.5	395	417.5	430	455	467.5

## BENCH PRESS TOTALS FOR EQUIPPED MEN SUB JUNIOR/ JUNIOR/ OPEN/ MASTERS

Grade	53kg	59kg	66kg	74kg	83kg	93kg	105kg	120kg	120+kg
Green	60	70	75	85	92.5	100	112.5	120	127.5
Blue	70	75	82.5	90	100	110	120	127.5	145
Brown	75	80	90	100	110	115	125	145	155
Black	80	85	95	105	115	122.5	145	155	167.5
Bronze	85	90	102.5	112.5	122.5	140	155	167.5	182.5
Silver	90	100	110	120	135	150	167.5	182.5	195
Gold	95	105	115	130	145	162.5	180	195	210
Elite	112.5	125	140	155	175	195	220	235	255

## BENCH PRESS TOTALS FOR EQUIPPED WOMEN SUB JUNIOR/ JUNIOR/ OPEN/ MASTERS

Grade	43kg	47kg	52kg	57kg	63kg	72kg	84kg	84+kg
Green	30	32.5	37.5	40	42.5	45	52.5	57.5
Blue	32.5	35	40	42.5	45	50	57.5	62.5
Brown	35	37.5	42.5	47.5	50	55	62.5	70
Black	40	42.5	45	52.5	55	60	70	77.5
Bronze	42.5	45	50	57.5	60	65	77.5	85
Silver	45	50	55	60	65	72.5	85	90
Gold	50	55	60	65	70	75	87.5	95
Elite	60	67.5	75	80	85	92.5	107.5	122.5

## NZPF CLASSIFICATION TOTALS FOR UN- EQUIPPED LIFTERS

### THREE LIFT TOTALS FOR UN-EQUIPPED MEN SUB JUNIOR/ JUNIOR/ OPEN/ MASTERS

Grade	53kg	59kg	66kg	74kg	83kg	93kg	105kg	120kg	120+kg
Green	212.5	237.5	265	280	320	335	352.5	370	382.5
Blue	240	267.5	292.5	312.5	352.5	370	387.5	407.5	470
Brown	270	297.5	325	350	395	417.5	437.5	455	497.5
Black	285	327.5	360	390	437.5	462.5	490	510	527.5
Bronze	327.5	360	392.5	427.5	480	510	540	565	585
Silver	352.5	397.5	425	462.5	520	557.5	587.5	617.5	642.5
Gold	377.5	420	455	500	560	600	637.5	680	705
Elite	432.5	482.5	522.5	575	645	687.5	730	780	800

### BENCHPRESS TOTALS FOR UN-EQUIPPED MEN SUB JUNIOR/ JUNIOR/ OPEN/ MASTERS

Grade	53kg	59kg	66kg	74kg	83kg	93kg	105kg	120kg	120+kg
Green	50	60	65	72.5	77.5	85	95	102.5	107.5
Blue	60	65	70	77.5	85	92.5	102.5	107.5	122.5
Brown	65	67.5	77.5	85	92.5	97.5	107.5	122.5	132.5
Black	67.5	72.5	80	90	97.5	105	122.5	132.5	142.5
Bronze	72.5	77.5	87.5	95	105	120	132.5	142.5	155
Silver	77.5	85	92.5	102.5	115	127.5	142.5	155	165
Gold	80	90	97.5	110	122.5	137.5	152.5	165	177.5
Elite	95	107.5	120	132.5	150	165	187.5	200	217.5

### THREE LIFT TOTALS FOR UN-EQUIPPED WOMEN SUB JUNIOR/ JUNIOR/ OPEN/ MASTERS

Grade	43kg	47kg	52kg	57kg	63kg	72kg	84kg	84+kg
Green	122.5	142.5	162.5	182.5	195	207.5	225	235
Blue	135	157.5	175	195	212.5	220	237.5	247.5
Brown	150	170	190	212.5	230	237.5	255	262.5
Black	162.5	182.5	205	230	247.5	255	272.5	280
Bronze	175	200	220	247.5	262.5	272.5	290	297.5
Silver	187.5	215	235	262.5	280	290	305	315
Gold	200	230	252.5	280	297.5	305	322.5	332.5
Elite	237.5	277.5	305	335	355	365	387.5	397.5

### BENCHPRESS TOTALS FOR UN-EQUIPPED WOMEN SUB JUNIOR/ JUNIOR/ OPEN/ MASTERS

Grade	43kg	47kg	52kg	57kg	63kg	72kg	84kg	84+kg
Green	25	27.5	32.5	32.5	35	37.5	45	50
Blue	27.5	30	32.5	35	37.5	42.5	50	52.5
Brown	30	32.5	35	40	42.5	47.5	52.5	60
Black	32.5	35	37.5	45	47.5	50	60	65
Bronze	35	37.5	42.5	50	50	55	65	72.5
Silver	37.5	42.5	47.5	50	55	62.5	72.5	77.5
Gold	42.5	47.5	50	55	60	65	75	80
Elite	50	57.5	65	67.5	72.5	77.5	92.5	105

## QUALIFYING RULES

### 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 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 North/ South Island competitions or National level competitions.**

**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.