



BUCS WEIGHTLIFTING AND PARA POWERLIFTING REGULATIONS

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WPP i The BUCS Weightlifting and Para Powerlifting Championships shall be conducted in accordance with the following BUCS sport specific regulations, the BUCS general regulations, the British Weight Lifting (BWL) Technical & Competition Rules and Regulations and, in the case of the Para Powerlifting Championships, the World Para Powerlifting (WPPPO) Technical Rules and Regulations. Further event specific requirements, rules, and regulations will be contained within the entry and pre-event information for each Championship.

WPP i.i For both the Weightlifting and Para Powerlifting Championships, the British Weight Lifting Transgender and Transexual Policy (2019) shall be followed.

WPP ii In the event that these regulations contradict the BUCS general regulations, these BUCS sport specific regulations will supersede, unless specifically stated otherwise.

WPP iii In the event that these regulations contradict the British Weight Lifting (BWL) Technical & Competition Rules and Regulations or, in the case of the Para Powerlifting Championships, the World Para Powerlifting (WPPPO) Technical Rules and Regulations, these BUCS sport specific regulations will supersede, unless specifically stated otherwise.

WPP 1 Championships BUCS will host annually a Weightlifting and Para Powerlifting Championships. The programme shall include the events listed in Appendix 1 ('BUCS Competition Offer and Associated BUCS Points'), subject to entry numbers. All competition specific event information will be available in the event entry information and pre-event information.

WPP 2 Disputes at events In line with REG 7.7, should a dispute occur at an event, the event appeal panel for Weightlifting and Para Powerlifting shall comprise of the Tournament Director (or equivalent) and a BUCS Staff Member.

WPP 3 Memberships British Weight Lifting (BWL) memberships are required by all competitors.

WPP 4 Eligibility BUCS REG 4 shall apply along with the eligibility requirements of the British Weight Lifting (BWL) Technical & Competition Rules and Regulations, with the exception that individuals are not required to have domiciled status in the UK or be in possession of, or eligible to apply for, a British passport.

WPP 5 Team results

WPP 5.1 There will be a Mixed Team Championships. A team comprises of at least one male lifter and one female lifter from the same institution/Playing Entity who have achieved a total in their individual Weightlifting or Para Powerlifting category.

WPP 5.2 By entering an individual Weightlifting or Para Powerlifting category, competitors are automatically entered into the team competition provided WPP 5.1 is met.

WPP 5.3 Only the top two ranked lifters per institution/Playing Entity can score points in a bodyweight category. If further lifters from the same institution/Playing Entity score points, the points for these lower ranked lifters do not count towards the institution/Playing Entity's total and these points are not reallocated to other lifters.

WPP 5.4 Points will be awarded to the top 10 places in each bodyweight category as follows:

- 1st place: 15 points
- 2nd place: 12 points
- 3rd place: 10 points
- 4th place: 8 points
- 5th place: 6 points
- 6th place: 5 points
- 7th place: 4 points
- 8th place: 3 points

- 9th place: 2 points
- 10th place: 1 point

WPP 5.5 The Institution/Playing Entity with the most total points is the winner.

WPP 5.6 In the event of two or more Institutions/Playing Entities finishing with the same number of points the following factors will determine the winner:

1. The institution/Playing Entity who scored their points with the fewest number of lifters. If equal, then;
 2. The institution/Playing Entity with the highest aggregate place from their point scoring lifters. If equal, then;
 3. The institution/Playing Entity with highest Sinclair score when their top male and female lifters' Sinclair scores are combined.
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