

# BUCS POWERLIFTING REGULATIONS

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**POW i** The BUCS Powerlifting Championships shall be conducted in accordance with the following BUCS sport specific regulations, the BUCS general regulations, and [the International Powerlifting Federation \(IPF\) Technical Rules](#). Further event specific requirements, rules, and regulations will be contained within the entry and pre-event information for each Championship.

**POW i.i** [The International Powerlifting Federation \(IPF\) Transgender Policy \(2022\)](#) shall be followed.

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

**POW iii** In the event that these regulations contradict [the International Powerlifting Federation \(IPF\) Technical Rules](#), these BUCS sport specific regulations will supersede, unless specifically stated otherwise.

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**POW 1 Championships** BUCS will host annually a 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.

**POW 2 Disputes at events** In line with REG 7.7, should a dispute occur at an event, the event appeal panel for Powerlifting shall be the Jury, or the Meet Director and British Powerlifting Board Member(s) and/or a BUCS staff member, depending on the nature of the matter.

**POW 3 Memberships** All participants must hold a valid British Powerlifting membership that is in date.

## **POW 4 Team results**

**POW 4.1** There will be a Men's Team Championships and a Women's Team Championships. A team comprises of at least two lifters who have achieved a total in their individual category.

**POW 4.2** By entering an individual category, competitors are automatically entered into the team competition provided POW 4.1 is met.

**POW 4.3** Points will be awarded to the top nine places in each bodyweight category as follows:

- 1<sup>st</sup> place: 12 points
- 2<sup>nd</sup> place: 9 points
- 3<sup>rd</sup> place: 8 points
- 4<sup>th</sup> place: 7 points
- 5<sup>th</sup> place: 6 points
- 6<sup>th</sup> place: 5 points
- 7<sup>th</sup> place: 4 points
- 8<sup>th</sup> place: 3 points
- 9<sup>th</sup> place: 2 points

Thereafter, each lifter who makes a total shall be awarded one point.

**POW 4.4** The Institution/Playing Entity with the highest cumulative total shall be the winner.

**POW 4.5** In the event of two or more Institutions/Playing Entities finishing with the same number of points the following factors will determine their ranking:

1. The institution/Playing Entity with the largest number of first places. If equal, then;
  2. The institution/Playing Entity with the largest number of second places and so on. If equal, then;
  3. The institution/Playing Entity with largest number of third places and so on.
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