



Powerlifting

This fact sheet provides an overview of powerlifting for disabled people in Scotland. It also provides useful contact details to signpost you to your local club to develop your skills and start to play, volunteer or coach disabled people in powerlifting.

The Development of Powerlifting

The ultimate test of power and strength, powerlifting is all about how much an athlete can lift in the bench press related to their own bodyweight. It is open to all athletes with any impairment. The sport is adapted from non-disabled powerlifting, concentrating solely on the bench-press movement. The key aspect of the sport is simple, the person who lifts the most weight within their body weight category on the day of competition is deemed the winner.

Originally called weightlifting, powerlifting has been a Paralympic sport since Tokyo 1964. At the 1992 Paralympic Games in Barcelona, 25 countries participated in the powerlifting competition. That number more than doubled in 1996 at the Atlanta Paralympic Games with 58 countries in participation.

Since 1996 that number has risen to a total worldwide membership of 115 countries with 5000 registered athletes on five continents. This is a dramatic change from its humble beginnings, clearly showing that powerlifting is a sport that is easily accessible.

In Scotland the sport has started to take off after the Scottish Institute of Sport instigated a Talent Identification Programme in 2011.

Currently there are a number of clubs across Scotland that are able to train and provide powerlifting and the plan is to further increase the number of coaches and clubs that offer disability powerlifting across Scotland. The sport is positively looking to attract more clubs who wish to become involved with providing powerlifting opportunities for disabled athletes.



The Classifications

Disability powerlifting includes pathways for a number of levels from grass roots through to international level. To compete in events athletes are classified under the IPC Powerlifting Classification Rules & Regulations.

www.paralympic.org/powerlifting/rules-and-regulations/classification

Powerlifting is open to athletes with a physical disability. All athletes will have an impairment in their lower limbs or hips, which would prohibit them from competing in able-bodied weightlifting.

Powerlifting is a weight category sport meaning that there are medals to be won in 10 different categories based on a person's weight. Categories range from 48kg up to 100kg for men and 40kg up to 82.5kg for woman.

Coach Education

British Weightlifting delivers a number of coach education courses:

- **Level 1 – Assistant Club Coach** - This award is intended for those engaged in providing instruction in weight training and the basic principles and development of weightlifting.
- **Level 1 – Club Coach** - This award is intended for those giving instruction in Olympic Weightlifting, whether in a weightlifting club, health and fitness centre or to sports team, and who wish to progress their knowledge and skill around our sport. The course is held in two

parts on two days.

There are no specific Power-lifting courses, however through British Weightlifting courses coaches will be encouraged to cross over and support the Talent Programme in Scotland.

Helpful Resources

British Weight Lifting has a number of policies that you may find interesting and can download from the British Weightlifting [website](#).

- Coach & Official Licensing Code of Conduct
- Technical Officials and Competition Support Staff Code of Conduct
- Guidance for Parents
- Guidance for Coaches
- Disability Discrimination Policy

sportscotland case study:

www.sportscotland.org.uk/resources/annual_review1112/casestudies/case_study_developing_scotland_talent_pool/

Some Facts & Figures

- In 1964 (second Paralympics games) only men were permitted to compete.
- Women competed for the first time at the Sydney Games in 2000
- Powerlifting was one of the most viewed sports at the 2008 Beijing Paralympic Games.

Leading Performers



Mickey Yule – Competed in the Men's Heavyweight category at the Glasgow 2014 Commonwealth Games finishing in 4th place. Micky was recently selected to the ParalympicsGB team to compete at the 2016 Paralympic Games in the Under 65kg category.

Key Contacts

Neil Crosbie, Performance Coach
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Key Websites

Scottish Disability Sport
www.scottishdisabilitysport.com

Weightlifting Scotland
www.weightliftingscotland.com

British Weightlifting
www.britishweightlifting.org

British Paralympic Association
www.paralympics.org.uk

IPC
www.paralympic.org

Competitions

There are World and European Championships as well a number of International events. British Weightlifting is also implementing a number of new regional events to assist in the development of the sport and provide more opportunities.