



Scottish Powerlifting Records Information

- 1) Members can set an SP record regardless of Nationality.
- 2) Members can set an SP record at any competition out with Scotland provided it is an IPF sanctioned competition.
- 3) SP have Overall records and Unequipped records. The overall record is the highest weight lifted regardless of whether the lifter was Equipped or Unequipped.
- 4) The highest weight lifted in each weight class shall be recorded as the Open record regardless of the age class the record was set.
- 5) Age class records will be determined as follows-
Men's and Women's 50-59 records exceeding those gained in the 40-49 age group will be included in the 40-49 category. Men's and Women's 60-69 records exceeding those gained in the 50-59 age group will be included in the 50-59 category. Men's and Women's 70+ records exceeding those gained in the 60-69 age category will be included in the 60-69 category. Likewise, Sub-Junior 14-18 records exceeding those gained in the Junior 19-23 age group will be included in this group.

(IPF Technical Rules – page 31)

- 6) Records on individual lifts must be accompanied by a total of the three lifts. Single lift Bench Press records made at a three lift (Powerlifting) event do not need to be accompanied by a total but bona fide attempts must be made both on squat and deadlift.
(IPF Technical Rules-page 31)
- 7) In all competitions, the weight of the barbell must always be a multiple of 2.5 kg. If an attempt is being made on a record the increase can be 0.5kgs.

A lifter may only take increments of less than 2.5 kg for record attempts in the championship in which he/she is competing, e.g. a Master lifting in an open competition cannot take less than 2.5 kg to achieve Master's records.

(IPF Technical Rules- page 25)

This simply means that a record attempt on a Junior record of less than 2.5kg can only be made in a Junior Championship and likewise an attempt on a Masters record of less than 2.5kg can only be made in a Masters Championship.

The reason for this rule is so that a lifter who is not a Junior or Master in an open competition is not disadvantaged as they can't take an increase of less than 2.5kg.

- 8) SP recognises Under 20 records. As this is not a recognised age class in a Junior competition for placing, attempts on under 20 records of less than 2.5kgs will not be permitted in any competition.
- 9) Any further clarification required on SP records please contact Stuart Crichton at the following email address - records@scottishpowerlifting.com