



JUNIOR AND SUB-JUNIOR NATIONALS 2025 QUALIFICATION CRITERIA & ENTRY PROCESS

Junior Entry Criteria:

All applicants to the Australian Powerlifting Alliance (APA) Junior Nationals event must meet the following entry criteria:

1. Be a current member of the APA
2. Not serving an Anti-Doping rule violation sanction
3. Compete in the qualification window and meet the qualifying criteria detailed below
4. Not be serving a sanction or be under investigation for a breach of IPF, APA constitution, policies or bylaws.
5. Not be a member of another powerlifting federation

Age requirements: Junior Championships permit lifters from 1 January in the calendar year, he/she reaches 19 years and throughout the full calendar year in which he/she reaches 23 years.

Junior Qualification & Entry Process:

PRIMARY SELECTION

- All APA competitors who are eligible will be ranked based on their results from any IPF competition between the date of 12 months out and 12 weeks out from the Junior Nationals event.
- Each Junior weight class will be allocated up to five (5) positions to the top ranked lifters in the qualification window based on total.
 - To receive an invitation for primary selection lifters must also achieve the qualifying total for their weight class. Refer to page 2 of the document for qualifying totals.

SECONDARY SELECTION

- Junior APA competitors who are eligible and who have met the qualifying total for their weight class will be able to enter the Junior Nationals event. Refer to page 2 of the document for qualifying totals.
- The secondary selection round of registrations will commence at the close of the primary selection round of registrations. Dates to be advised.
- The event will continue to take registrations until capacity is reached.

WEIGHT CLASS CHANGE

- Competitors are able to qualify for Junior Nationals in the weight class they competed in when attaining a qualifying total, and also one (1) weight class above.
 - The qualifying total must be met for the registered class.



JUNIOR AND SUB-JUNIOR NATIONALS 2025 QUALIFICATION CRITERIA & ENTRY PROCESS

Junior

Weight Class (kg)	Qualifying Total (kg)
53	382.5
59	435
66	475
74	535
83	580
93	622.5
105	650
120	670
120+	685

Weight Class (kg)	Qualifying Total (kg)
43	235
47	252.5
52	270
57	302.5
63	320
69	340
76	352.5
84	360
84+	372.5



JUNIOR AND SUB-JUNIOR NATIONALS 2025 QUALIFICATION CRITERIA & ENTRY PROCESS

Sub-Junior Entry Criteria:

All applicants to the Australian Powerlifting Alliance (APA) Sub-Junior Nationals event must meet the following entry criteria:

1. Be a current member of the APA
2. Not serving an Anti-Doping rule violation sanction
3. Compete in the qualification window and meet the qualifying criteria detailed below
4. Not be serving a sanction or be under investigation for a breach of IPF, APA constitution, policies or bylaws.
5. Not be a member of another powerlifting federation

Age requirements: Sub-Junior Championships permit lifters from the day he/she reaches 14 years and throughout the full calendar year in which he/she reaches 18 years.

Sub-Junior Qualification & Entry Process:

PRIMARY SELECTION

- Sub-Junior APA competitors who are eligible and who have met the qualifying total for their weight class will be able to enter the Sub-Junior Nationals event. Refer to page 4 of the document for qualifying totals.
- Eligible entrants must meet the relevant qualifying total between 12 months out and 12 weeks out from the event.
- The event will continue to take registrations until capacity is reached.

WEIGHT CLASS CHANGE

- Competitors are able to qualify for Sub-Junior Nationals primary selection in the weight class they competed in when attaining a qualifying total, and also one (1) weight class above.
 - The qualifying total must be met for the registered class.



JUNIOR AND SUB-JUNIOR NATIONALS 2025 QUALIFICATION CRITERIA & ENTRY PROCESS

Sub - Junior

Weight Class (kg)	Qualifying Total (kg)
53	330
59	370
66	417.5
74	470
83	510
93	540
105	565
120	580
120+	587.5

Weight Class (kg)	Qualifying Total (kg)
43	200
47	225
52	247.5
57	267.5
63	285
69	300
76	312.5
84	322.5
84+	332.5