



OPEN NATIONALS 2025 QUALIFICATION CRITERIA & ENTRY PROCESS

Entry Criteria:

All applicants to the Australian Powerlifting Alliance (APA) Open 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: Open Championships permit lifters from 1 January in the calendar year he/she reaches 19 years and upwards. Master 3 & 4 are ineligible for the Open Class.

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 Open Nationals event.
- Each open 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

- All APA competitors who are eligible and who have met the qualifying total for their weight class will be able to enter the Open 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. Capacity of the event is currently set at 168, but is subject to potential change.

WEIGHT CLASS CHANGE

- Competitors are able to qualify for Open 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.



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| Weight Class (kg) | Qualifying Total (kg) |
|-------------------|-----------------------|
| 59 | 532.5 |
| 66 | 565 |
| 74 | 600 |
| 83 | 652.5 |
| 93 | 690 |
| 105 | 730 |
| 120 | 757.5 |
| 120+ | 780 |

| Weight Class (kg) | Qualifying Total (kg) |
|-------------------|-----------------------|
| 47 | 297.5 |
| 52 | 325 |
| 57 | 350 |
| 63 | 375 |
| 69 | 397.5 |
| 76 | 417.5 |
| 84 | 435 |
| 84+ | 460 |