



APA
AUSTRALIAN POWERLIFTING ALLIANCE

RECORD POLICY

This document is maintained by the APA. Every effort has been made to ensure that the processes in this document are in line with the International Powerlifting Federation (IPF) Technical Rules book. Should there be any changes to the IPF Technical Rules or any significant discrepancy between the two documents, the most recent version of the IPF Technical Rules will take precedence.



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RECORD POLICY

RECORD ELIGIBILITY

- National records can only be broken at APA national championships, specified special event competitions, and IPF regional or international championships.
- State records can only be broken at APA specified special state level competitions. State records are restricted so they cannot be broken at a national or international competitions.
- Lifters who do not successfully achieve a total are not eligible for national records.
 - i.e. if they do not make at least one successful attempt in each of the squat, bench press, and deadlift, none of their attempts can be recorded as a national record.
- Single lift (AKA “bench only”) bench press national records may be broken at APA national championships, specified special event competitions, and IPF regional or international championships where the lifter has entered as bench only.
 - If a lifter entered as a three lift event type exceeds the single lift record or achieves the single lift standard with a successful bench press attempt, they will hold the single lift record, as long as bona fide attempts are made on both squat and deadlift.
 - If a lifter entered as a single lift event type exceeds the three lift bench press record or achieves the three lift bench press standard, they cannot claim the three lift bench press record.
- Guest lifters are not eligible to break national records.¹
- For National records lifters must be a financial member of Australian Powerlifting Alliance (APA) for a minimum of 6 months (180 days) leading up to the record being broken OR a member of another IPF affiliated powerlifting federation without a break in membership for the 6 month period.
- Lifters can only break records in the weight category and equipment category in which they are competing.
- Lifters can break records in the age categories above (Sub-Junior/Junior) or below (Master I - IV) their own, as shown below:²

Lifter Age Category	Eligible Record Categories
Sub-Junior	Sub-Junior, Junior, Open
Junior	Junior, Open
Open	Open
Master I	Master I, Open
Master II	Master II, Master I, Open
Master III	Master III, Master II, Master I, Open
Master IV	Master IV, Master III, Master II, Master I, Open

¹ Guest lifters here refers to members from other IPF affiliate powerlifting federations who have received permission from their home federation to participate in APA national events.

² Refer to the record attempts section for permitted attempt increments, below.



RECORD ATTEMPTS

- For a national record attempt, the attempt must be equal to or greater than the current national standard if not held, or at least 0.5 kg greater than the current national record if held.
- Only if a lifter is attempting a national record can they submit an attempt in less than 2.5 kg increments (0.5 kg, 1 kg, 1.5 kg, or 2 kg increments).
- National records can only be attempted in increments of less than 2.5 kg for the championship in which the lifter is competing in.
 - i.e., a Junior/Master I/Master II lifter competing as an Open lifter in an Open championship may not take attempts in increments of less than 2.5 kg to achieve Junior/Master I/Master II records
 - Lifters entered as a three lift event type may not submit a national record attempt in increments of less than 2.5 kg to achieve a single-lift bench press record, unless the attempt is also a national record for the three lift event type.³
 - Lifters can still break the applicable records for their age, equipment, event type, and bodyweight categories but all attempts must be a multiple of 2.5 kg, unless the attempt is also a national record for the championship in which they are competing.
- The first lifter to successfully achieve the national record either by exceeding the current record or meeting the record standard holds the record. This includes individual lift (squat, bench press, deadlift) and total records.
- If a lifter has submitted an attempt for a national record which is not an increment of 2.5 kg but the national record is then exceeded by one or more lifters before them in a previous round, their attempt must be adjusted to the nearest permitted multiple of 2.5 kg.⁴
 - i.e. their attempt must be reduced to the nearest multiple of 2.5 kg **unless** doing so would cause the attempt to be lower than a previous attempt or a repeat of a successful attempt, which is not permitted. In those cases, the attempt must then be increased to the nearest increment of 2.5 kg.
- If two or more lifters have selected the same weight which is not an increment of 2.5 kg in order to attempt a national record and the first lifter is successful, the subsequent lifter's attempt(s) must be increased by 0.5 kg.⁵

³ Note that lifters entered as a single lift event type are unable to claim the three lift bench press national record.

⁴ Refer to examples 1 & 4, below.

⁵ Refer to examples 2 & 3, below.



EXAMPLES

Example 1

- Lifter A has completed their first attempt of 150 kg and submitted an attempt of 153 kg for their second attempt for a national record.
- Lifter B has submitted an attempt of 155 kg for their first attempt. Lifter B is successful and now holds the record. What happens to Lifter A's second attempt?
- Lifter A's second attempt must be changed by the tech desk to 152.5 kg, as 153 kg is no longer a valid national record attempt. Can Lifter A change this second attempt if they want to?
- No, second attempts can never be changed by the lifter (or their coach).

Example 2

- Two lifters are attempting a 151 kg squat in the same round to achieve a national record.
- Lifter A is lot number 4 and Lifter B is lot number 7.
- Lifter A lifts first by lot number order, is successful and now holds the record. What happens to Lifter B?
- Lifter B's attempt must be changed by the tech desk to 151.5 kg.

Example 3

- Two lifters are attempting a 252.5 kg third deadlift to achieve a national record.
- Lifter A is lot number 2, Lifter B is lot number 13.
- Lifter A is successful. Does Lifter B's attempt need to be changed by the tech desk?
- No, because 252.5 kg is a multiple of 2.5 kg and therefore still a valid attempt.
 - However, Lifter B or their coach could still submit an attempt card to change their attempt to a new, valid attempt at the national record because it is their third deadlift attempt, as long as they have not already submitted two changes to their third deadlift attempt.

Example 4

- Assume the current national record for the squat is 192.5 kg. Lifter A has submitted a squat attempt of 193.5 kg. Lifter B has submitted a squat attempt of 195 kg.
- Lifter A is unsuccessful in their squat attempt of 193.5 kg but forgets to submit an attempt card within one minute, so their next attempt is entered automatically at the same weight of 193.5 kg for their next attempt.
- Lifter B is successful in their attempt of 195 kg. What is the current national record?
- The record is now 195 kg, held by Lifter B. What happens to Lifter A's squat attempt?
- It is no longer a valid attempt because the national record is now 195 kg, so their attempt must be changed by the tech desk to the nearest permitted multiple of 2.5 kg. However the lifter still cannot decrease the weight for a subsequent attempt from their previous attempt, so therefore their attempt must be changed by the tech desk to 195 kg. If they were successful, would they now hold the record?
- No, because Lifter B was first to successfully achieve their attempt at 195 kg, and therefore holds the national record.



RECORD PUBLICATION & VALIDATION

- National records are validated by the APA Results & Records Committee and approved by the APA Board of Directors.
- APA records and standards are published on the [APA website](#) and maintained by the APA Results & Records Committee.
- Record certificates are provided to lifters via email. The APA Results & Records Committee ensures lifters' personal data e.g. date of birth and email address are handled in accordance with the APA Privacy Policy and any relevant Australian privacy laws or regulations as appropriate, and are only used for the purposes of validating records and communicating with lifters, in order to provide their record certificates or for other relevant purposes pertaining to records.
- APA may publish on social media the achievement of a record by a lifter following APA national championships, specified special event competitions, or IPF regional or international championships where they achieved an APA national record.
 - Refer to other relevant [APA policies](#) including the Image Use Policy and [Privacy Policy](#) or contact APA [via email](#) if you have further questions.



ANTI-DOPING

- The IPF is a signatory to the World Anti-Doping Agency (WADA) code and APA as a national IPF federation is bound by the IPF Anti-Doping Rules. Accordingly, if a lifter receives a disqualification of results due to an anti-doping rule violation during or in connection with an APA national championships, specified special event competitions, or IPF regional or international championships where they achieved an APA national record, their record will be invalidated and the results will be reviewed accordingly to determine whether the previous record or standard should be reinstated.
 - Refer to the [IPF Anti-Doping Rules](#) and the Australian WADA organisation, [Sport Integrity Australia](#) for further information around anti-doping.



RECORD POLICY

VERSION HISTORY

VERSION	DATE	AUTHOR	CHANGES	APPROVED BY
1	21/03/2024	Rosie Wilson	Document created	APA Board of Directors
1.1	22/03/2024	Rosie Wilson & Raymond Wong	Added record eligibility and validation sections	APA Board of Directors
1.2	14/05/2024	Rosie Wilson	Updated formatting, added version control, sections, and index, updated policy	APA Board of Directors
1.3	23/01/2026	Raymond Wong	Added State records and 6 month membership requirement	APA Board of Directors