

IRISH POWERLIFTING FEDERATION NATIONAL TEAM



Primary Objective

International Standards

Standards Table



PRIMARY OBJECTIVE

The primary objective of the Irish Powerlifting Federation is to produce competitive athletes at all international levels. To achieve this, we have implemented international standards separated into university, European and World categories.

Implementing International standards will ensure that athletes representing Ireland at international level are competitive and truly are at an International level.



INTERNATIONAL STANDARDS

Our National team standards range depending on the International competition. University standards will be the first stepping stone for athletes to experience the International platform.

European standards will be a stepping stone towards World level and give fringe athletes a chance to gain International experience whilst developing to World standard.

Any lifter that meets our World standards should be competitive enough to finish in the top 10 of any weight class or age class at an IPF World Championship.

Athletes that are unavailable for International selection will be not be invited to join our national squad.



MALE NATIONAL SQUAD STANDARDS

Standard	Class	59KG	66KG	74KG	83KG	93KG	105KG	120KG	120+KG
UNI	Open	405	490	505	557.5	587.5	602.5	647.5	685
EC	Open	472.5	522.5	570	615	665	705	725	745
WC	Open	485	535	585	630	695	720	737.5	760
UNI	Junior	365	422.5	462.5	512.5	525	555	580	612.5
EC	Junior	417.5	460	502.5	545	575	615	635	650
WC	Junior	430	470	515	555	590	625	645	660
UNI	Youth	342.5	400	437.5	487.5	500	517.5	550	580
EC	Youth	375	410	450	480	517.5	535	560	600
WC	Youth	385	420	460	500	525	555	590	620
UNI	M1	370	427.5	467.5	522.5	540	557.5	570	600
	M2	332.5	387.5	420	432.5	487.5	500	540	570
	M3	297.5	342.5	377.5	387.5	435	450	485	510
	M4	270	305	332.5	342.5	390	405	440	460
EC	M1	410	475	520	580	600	620	660	700
	M2	370	430	467.5	480	540	557.5	600	630
	M3	330	380	420	420	485	500	540	567.5
	M4	300	340	370	380	435	450	490	510
WC	M1	425	485	527	582.5	610	630	680	720
	M2	382.5	435	475	520	550	567.5	612.5	647.5
	M3	345	390	427.5	467.5	495	510	550	582.5
	M4	310	350	395	420	445	460	495	525



FEMALE NATIONAL SQUAD STANDARDS

Standard	Class	47KG	52KG	57KG	63KG	72KG	84KG	84KG+
UNI	Open	237.5	270	305	310	320	345	360
EC	Open	280	312.5	340	360	385	410	420
WC	Open	290	320	350	370	400	420	430
UNI	Junior	227.5	252.5	282.5	290	315	325	340
EC	Junior	250	270	295	310	342.5	357.5	370
WC	Junior	255	275	305	317.5	352.5	365	380
UNI	Youth	207.5	242.5	252.5	260	290	295.5	305
EC	Youth	215	230	247.5	270	302.5	325	340
WC	Youth	220	237.5	257.5	280	310	330	345
UNI	M1	220	252.5	275	282.5	305	310	330
	M2	197.5	225	250	255	275	287.5	300
	M3	177.5	202.5	225	230	247.5	260	270
	M4	160	180	200	205	220	230	240
EC	M1	245	280	305	315	340	355	370
	M2	220	252	275	282.5	305	320	330
	M3	197.5	225	247.5	254	275	287.5	297.5
	M4	177.5	202.5	222.5	227.5	247.5	257.5	267.5
WC	M1	252.5	285	315	322.5	345	360	377.5
	M2	225	255	282.5	290	310	325	337.5
	M3	202.5	230	252.5	260	277.5	292.5	302.5
	M4	182.5	205	225	232.5	247.5	260	270



NATIONAL SQUAD

The national squad will consist of athletes that have met our international standards in competition. Squad members may be selected for international competitions throughout the year.

REPRESENTATION

Every athlete that is selected for the national squad will receive a personal letter and invitation to join.

All squad members must be a member of the IrishPF for a period of 6 months prior to joining the National squad. You will also be required to attend one event that you're not competing in at some point during the year.

On acceptance of this invitation you will be expected to conduct yourself professionally at all competitions both nationally and internationally.

This would include the following:

- Dress code
- Behavior
- Respect (officials, coaches, competitors)
- Effort (Give 100%)
- Punctuality
- Integrity

- 6 Months IrishPF Membership
- Attend Squad Training Sessions
- Attend one event you're not competing in a year
- Wear International kit at events and competing
- Actively promote the IrishPF and affiliates
- Compete at the National Championships

As well as this, you will also be expected to conduct yourself professionally outside of the sport. As a member of the national squad, you are also an ambassador of the IrishPF and the Sport in general. You as a national squad member will be one of a select few and will be expected to uphold high standards and treat others with respect.

Any squad member can be removed from the Irish National Squad at any time if they're suspected of bringing the federation or national team into disrepute. An athlete will then have the opportunity to appeal this decision via the IrishPF committee and head coach



NATIONAL TEAM

The national team will change throughout the year depending on the relevant competition athletes are selected for. National team members will be selected from the national squad, this will be based on performances and qualification events.

WORLD STANDARD

Any athlete that meets World standard will be eligible to compete at any international event within the EPF and IPF. Any national team member that meets world standard level in competition will be exempt from having to requalify for the national squad for a period of 12 months.

Each year the athlete's performance and conduct will be reviewed and a one year extension may be applied as a national squad member. This will be a continuous process as national squad member.

The purpose of this is to allow national squad members to solely focus on international competitions throughout the year. Any national team member who achieves world standard will be required to enter the national championships but will not be required to meet the world standard at this competition.

European Standard

Irish squad members that meet European standard will be eligible to compete at European level competitions only. This will allow the athlete to develop international experience and compete at a higher level from national and regional level.

National squad members who meet European standard will still be required to requalify for the national team at the national championships each year or via the European championships.

All National squad members are required to compete at the IrishPF National championships.

JUNIOR AND SUB-JUNIOR



NATIONAL SQUAD YOUTH AND JUNIORS

Minimum requirements

1. All juniors and sub-juniors will have to compete in at least three competitions (including a National championship) before being eligible for international selection.
2. All Sub Juniors will be required to finish with nine successful lifts in at least one of their three competitions.
3. All juniors and sub juniors will have to pass a technical review before being selected. This will be performed by the national coaching team.

The criteria above will allow juniors and sub-juniors a chance to develop as young lifters and solely concentrate on technique rather than chasing records and numbers. We feel that records and bigger totals will come as a by-product of good technique and good competition experience.

The IrishPF has a responsibility to all its lifters and members. We must ensure that younger lifters are properly prepared and developed by coaches correctly.

We expect all coaches to put young lifters safety and technique first and by implementing these requirements it will promote better coaches/coaching and young athletes.

Junior and sub-junior coaches will be invited to attend national team training sessions.



Sponsorship & Testing

Any lifter that fails a national or international drug test will be required to return all national team equipment and clothing including international sponsored kit (SBD Irish sponsorship package, Irish National tracksuit, Irish National team training tops).

Athletes will be required to pay the WADA and IPF international fee or Irish Powerlifting Federation national testing fee for failing a drug test.

All fee's will be reimbursed to any lifter that successful appeals a failed test and national squad status will be reinstated to the athlete.

By signing this page, you agree to paying any fee's or fines inflicted on the Irish powerlifting federation that you incur while representing the Irish Powerlifting Federation.

Name:

Signed:

Date:.....



IrishPF Head Coach

Jay Farrant

IrishPF President

Sean Ryan
