

All About RECORDS

What types of records are there?	Abbreviation	Restrictions
Classic Powerlifting Records	CL PL	Separate records are kept for Squat, Bench Press, Deadlift and Total, per weight category and age division. You must have posted a Total at the comp (ie got a successful Squat, Bench and Deadlift), to claim any of the records (SQ, BP, DL, Tot)
Single-lift Classic Bench Press Records	CL BP1	You must have posted a successful BP at the comp. If it is a Powerlifting comp, you need to do at least one attempt in the Squat and Deadlift (but they don't have to be successful) in order to claim a BP1 record
Equipped Powerlifting Records	EQ PL	Separate records are kept for Squat, Bench Press, Deadlift and Total, per weight category and age division. You must have posted a Total at the comp (ie got a successful Squat, Bench and Deadlift), to claim any of the records (SQ, BP, DL, Tot)
Single-lift Equipped Bench Press Records	EQ BP1	You must have posted a successful BP at the comp. If it is a Powerlifting comp, you need to do at least one attempt in the Squat and Deadlift (but they don't have to be successful) in order to claim a BP1 record

Which records can I break at which type of comps?	CL PL	CP BP1	EQ PL	EQ BP1
Classic Powerlifting Championships	Yes	Yes		
Classic Bench Press Championships		Yes		
Equipped Powerlifting Championships			Yes	Yes
Equipped Bench Press Championships				Yes

Which records can be claimed by SAPF lifters?	Where are the records published?	
World Records	IPF website	https://goodlift.info/records_last.php?pg=1
African Records	AFPF website	https://www.powerlifting-africa.com/records
Commonwealth Records	CWPF website	www.commonwealthpowerlifting.com/championships/records.php
SA Records	SAPF website	Classic : https://powerliftingsa.co.za/node/908
		Equipped : https://powerliftingsa.co.za/recordsandranks
Provincial Records	Province's website	Check with your province
World Games records	IPF Website	https://www.powerlifting.sport/championships/records
World University Cup records	IPF Website	https://www.powerlifting.sport/championships/records

When attempting a new record, what are valid weight increases?	To claim these records:						
In this competition:	World	African	Commonwealth	SA National	Provincial	World Games	World University
World Championships	0.5kg	2.5kg	2.5kg	2.5kg	2.5kg		
African Championships	0.5kg	0.5kg	2.5kg	2.5kg	2.5kg		
Commonwealth Championships	0.5kg	2.5kg	0.5kg	2.5kg	2.5kg		
Asia/Pacific/Africa Championships	0.5kg	2.5kg	2.5kg	2.5kg	2.5kg		
SA Championships				0.5kg	2.5kg		
Provincial Championships					2.5kg		
Club Competitions							
World Games		2.5kg	2.5kg	2.5kg	2.5kg	0.5kg	
World University Cup/Champs				2.5kg	2.5kg		0.5kg

Note: In the table above,

If the block is grey, you cannot claim that record at that championship (for example, no records can be claimed at Club Competitions)

0.5kg - means you can submit an attempt which is 0.5kg above the existing record, or 1kg, 1.5kg or 2kg above the record (this is called chipping the record)

2.5kg - means you must submit an attempt that is a multiple of 2.5kg (you cannot chip the record)

In most cases, Provinces currently only allow attempts which are multiples of 2.5kg at Provincial and Club Championships.

Age divisions and Records

A lifter may claim a record in the following age categories (regardless of the age category they competed in for a particular competition):

Lifter's age category below:	Can claim a record in these categories:							
	Subjunior	Junior	Open	Master 1	Master 2	Master 3	Master 4	Master 5
Youth	No	No	No	No	No	No	No	No
Subjunior	Yes	Yes	Yes	No	No	No	No	No
Junior	No	Yes	Yes	No	No	No	No	No
Open	No	No	Yes	No	No	No	No	No
Master 1	No	No	Yes	Yes	No	No	No	No
Master 2	No	No	Yes	Yes	Yes	No	No	No
Master 3	No	No	Yes	Yes	Yes	Yes	No	No
Master 4	No	No	Yes	Yes	Yes	Yes	Yes	No
Master 5	No	No	Yes	Yes	Yes	Yes	Yes	Yes

If a lifter is competing in the age category they will be in next year (should only happen for Provincial Championships held at the end of the year as qualifiers for SA's in the following year), the Provinces should specify which rules will be used for Provincial records.

Their decision should be fair to SJ/Jun lifters as well as Master lifters moving to a higher Age category.