TECHNICAL GUIDE

This Technical Guide constitutes the official Competition Regulations.

1. General information

Organizer: National Paralympic Committee

Partners: Romanian Powerlifting Federation

Competition name: Parasport Games of Romania - Para Powerlifting

Sport branch: Para Powerlifting

Period: September 2-3, 2026

Location: Bucharest

Competition location: CSN Arc de Triumf, Mărăști Boulevard number 18 - 20, Bucharest, Romania

Technical meeting location: CSN Arc de Triumf, Mărăști Boulevard number 18 - 20, Bucharest, Romania

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2. Purpose and objectives of the competition

- Promoting Paralympic sport.
- Development of the Para Powerlifting sports branch.
- Evaluation of the athletes' training level.
- Selection for national teams

3. Eligible Participants

- athletes registered with CNP/FRP affiliated clubs;
- athletes registered in the CNP/FRP database;
- athletes who meet the classification conditions specific to the sporting discipline;
- athletes who hold a valid medical certificate.

4. Eligible sports classes

The following sport classes are eligible:

- all sport classes eligible under the World Para Powerlifting Rules and Regulations.
- athletes with eligible physical impairments for Para Powerlifting competition.
- minimum age to enter the competition : 15 years old
- separate men's and women's competitions.
- competition is divided into official bodyweight categories, with no upper age limit.

5. Competition Events:

- pushed out of bed.

Weight categories according to the international World Para-Powerlifting regulations

Sample	Male	Female	Sports class
Bench Press Event	Up to 49kg	Up to 41kg	Open
Bench Press Event	Up to 54kg	Up to 45kg	Open
Bench Press Event	Up to 59kg	Up to 50kg	Open
Bench Press Event	Up to 65kg	Up to 55kg	Open
Bench Press Event	Up to 72kg	Up to 61kg	Open
Bench Press Event	Up to 80kg	Up to 67kg	Open
Bench Press Event	Up to 88kg	Up to 73kg	Open
Bench Press Event	Up to 97kg	Up to 79kg	Open
Bench Press Event	Up to 107kg	Up to 86kg	Open
Bench Press Event	Over 107kg	Over 86 kg	Open

6. The competitive system

- each athlete is allowed three official attempts;
- rankings are determined is based on the best valid attempt ;
- in case of a tie, the athlete with the lower body weight wins ;
- in case of a perfect tie in weight lifted and body weight, the athlete who lifts the weight first wins ;
- rankings are drawn up separately for men and women;
- minimum number of athletes required to validate an event: 1 participant in each weight category.

7. Registrations

Registration period – July 10 – 31, 2026

Entries shall be submitted exclusively through the electronic registration platform provided by the National Paralympic Committee.

- Details regarding the login link, access and use of the platform will be communicated later .

• After the deadline expires, no registrations or changes will be accepted, except in situations approved by the organizer.

Mandatory documents

- registration form;
- nominal entry list;
- valid medical certificate;
- classification certificate (where applicable);
- declaration of responsibility (GDPR and Anti-Doping);
- other requested documents.

8. Sports classification

(where applicable for national)

- classification date: September 2, 2026, 4:30 PM;
- time slot: 16:30-17:30;
- location CSN Arc de Triumf, Mărăști Boulevard number 18 - 20, Bucharest, Romania
- designated classifiers: Moldoveanu Adrian, Cinda Petru ;
- required documents.

9. Competition schedule

Date	Hour	Activity
01.09.2026		Arrival of Delegations
02.09.2026	16:30	Classification
02.09.2026	18:30	Official Training
02.09.2026	20:00	Technical meeting
03.09.2026	10:30	Weigh-in
03.09.2026	12:30	Competition

Date	Hour	Activity
03.09.2026	15:30	Awards ceremony

Technical meeting

- The participation of club representatives is mandatory.
- Final registrations will be validated.
- The rules for conducting the competition will be presented.
- Any changes to the program will be communicated.

10. Competition location and training opportunities

- Full address: CSN Arc de Triumf, Mărăști Boulevard number 18 - 20, Bucharest, Romania;
- On-site access program;
- Official training program – according to the table;
- Available equipment – competition bench, barbells and weight plates;
- Accessibility measures for people with disabilities - YES.

11. Applicable regulations

The competition is held according to:

- international/national regulations of the relevant federation;
- CNP regulations;
- this Technical Guide.

Competitive system

- competition format: National Para Powerlifting Championship;
- minimum number of participants for validation of the test: 1 participant;
- sport class merging rules: N/A;
- tiebreaker criteria: weight lifted, body weight or the international formula from point 6 will be applied;
- rankings are determined according to bodyweight categories.

12. Officials

- Competition Director – CNP Technical Director;
- Head Coach - Panazan Ovidiu;
- Jury President - Panazan Ovidiu;
- Chief Referee - Panazan Ovidiu;
- Competition Secretary: Moldoveanu Adrian;
- Referees – FRP referees;
- Classifiers: Moldoveanu Adrian, Cinda Petru;
- Appeals Committee: Panazan Ovidiu, Moldoveanu Adrian, Cinda Petru .

13. Complaints and appeals

- Complaints must be submitted in writing to the Competition Secretariat within a **maximum of 10 minutes** after the official test results are displayed.
- The appeal can be submitted exclusively by **the coach or representative of the delegation** .
- The appeal fee is **200 lei.**
- The fee is fully refunded **if the appeal is accepted** .
- Appeals are reviewed by **the Appeals Committee, and its decision is final.**

14. Results and standings

- The results are validated by the main referee.
- Official results are displayed at the competition secretariat.
- The final rankings are published by the organizer.
- The results become final after the appeals deadline expires.

15. Awards and recognitions

For each validated event, the following is awarded:

- 1st place – gold medal and diploma;
- 2nd place – silver medal and diploma;
- 3rd place – bronze medal and diploma.

If applicable:

- trophies for general rankings;
- special trophies;
- special prizes established by the organizer.

The awards ceremony takes place according to the competition schedule, after the validation of the official results.

16. Medical Services and Safety

- ambulance present during the competition;
- medical staff;
- emergency procedures;
- emergency number 112.

17. Accessibility

- wheelchair-accessible access;
- accessible toilet facilities.;
- accessible routes throughout the venue.

18. Accommodation, meals and transportation

- accommodation conditions ;
- meal arrangements ;
- local transportation;
- **all expenses related to participation in the National Championship shall be borne by the athletes' respective clubs.**

1 9. Code of Conduct

Compliance with the provisions below **is mandatory** for all participants (athletes, coaches, team officials, officials, volunteers). Its purpose is to ensure a safe and dignified environment for the competition and to protect the image of Paralympic sport, the athletes and the National Paralympic Committee.

A. Respect and responsible behavior

- Respect for organizational staff, referees, volunteers and other athletes, regardless of club or status.
- Offensive language, aggressive gestures, harassment, intimidation, or any form of discrimination is strictly prohibited.
- Aggressive behavior or behavior that affects the dignity of other participants will be sanctioned on the spot, with the measures applied possibly leading to exclusion from the competition.

B. Prohibition of the consumption of alcohol and prohibited substances

- The consumption of alcoholic beverages is strictly prohibited throughout the competition.
- Appearing at the competition or official activities under the influence of alcohol or other prohibited substances will result in immediate exclusion from the competition.
- Anti-doping tests will be carried out.

C. Rules at the competition venue

- Maintaining order and cleanliness in the competition area and adjacent spaces.
- Compliance with the instructions of the organizers and referees.
- Exclusive use of approved sports equipment and compliance with safety regulations.

D. Fair play and representation

- Respecting the principles of clean sport, without unsportsmanlike behavior.
- Awareness of the fact that each participant represents their club and the entire Romanian Paralympic movement.

E. Sanctions

Violation of this Code of Conduct attracts gradual disciplinary sanctions, depending on the seriousness of the act:

1. Verbal or written warning;
2. Temporary suspension from certain tests;
3. Exclusion from the competition;
4. Informing the club of membership and applying additional sanctions to it;
5. Notifying the competent authorities in serious cases (e.g. aggression, destruction of property, crimes).

20. Organizing Committee (to be established)

- general coordinator;
- sports managers;
- logistics manager;
- medical officer;
- responsible for results and rankings.