



INFORMATION PACKAGE

PARA POWERLIFTING AUSTRALIA 2025 Melbourne Open

Saturday, 13th December 2025

Paralympics Australia, NEC Hangar
275 Melrose Drive, Melbourne Airport, Victoria.



2025 Melbourne Open

Event Details

- **Date:** Saturday, 13th December 2025
- **Venue:** Paralympics Australia, 275 Melrose Drive, Melbourne Airport, Victoria 3045
- **Entries close:** Monday 10th November 2025

[Enter the 2025 Melbourne Open here](#)

This event is conducted under WPPPO Rules [Para Powerlifting Rules and Regulations](#)

*subject to approval from WPPPO

There are no *qualifying standards* to compete.
All athletes must compete in a lifting suit.

Withdrawal from this event must be in writing and no later than **Sunday 23rd November** Any withdrawal must be in writing to courtney.pascoe@paralympic.org.au



Classification

To be eligible to compete, an athlete requires a Provisional/National Classification at minimum. If you require classification, please ensure to indicate this during registration. Further information will be shared in advance on next steps for classification.

For more information on Para Powerlifting Eligible Impairments

Para Powerlifting information fact sheet

Accommodation recommendations

Mantra Melbourne Airport - Corner Melrose & Trade Park Drive, Tullamarine.

The Mantra Hotel is a short walk from the competition venue and is the recommended accommodation option for athletes.

Additional accommodation options within a relatively short drive from the venue include:

Hyatt Place Melbourne Airport

Quest Melbourne Airport

Holiday Inn Melbourne Airport

Transport

Melbourne Airport is located just a few minutes drive from the event competition venue.

Adequate parking, including wheelchair accessible parking is available at no cost at the competition venue.



Weigh-In

Date & Time: Friday 12 December 2025, from 2:00pm

- Athletes will be weighed in according to the published weigh-in list order.
- If an athlete misses their turn, they will be moved to the end of the group.
- Athletes must wear sport underclothing (men: underpants; women: underpants & sport bra).
- Athletes under 18 must wear sport underclothing with no option to remove.
- Prostheses or supportive devices must be removed before the lift attempt.
- At weigh-in athletes/officials must confirm **rack height** and **opening attempt**

Competition Process

- **Competition Day:** Saturday, 13 December 2025
- **Kit Check:** Conducted prior to warm-up. Athletes must present:
 - Required attire: lifting suit, socks, shoes
 - Optional attire (if worn during lifting): t-shirt, unitard, sports bra, wrist wraps, head dress, belt
 - Note for women: sports bra must comply with rules (soft only, no padding/wiring/velcro).
 - Removal of jewelry is highly recommended for safety.

Warm-Up: Begins after successful kit check. Only two (2) team officials are permitted per athlete in the warm-up area.

Round System:

- Three rounds (all athletes lift once per round).
- The sequence is based on weight requested (lightest to heaviest).
- For equal weights, the higher lot number lifts first.
- Athletes have **2 minutes** from being called to receive the start signal.
- Each lift is judged in four sequences: body position, down, stop, press.

Anti-Doping Control

This is a **WPPO sanctioned event** and subject to anti-doping testing.

- The **Australian National Anti-Doping Policy** (effective 1 January 2021) applies.
- Athletes are responsible for ensuring compliance.
- Ensure any **Therapeutic Use Exemptions (TUEs)** are valid and up to date.
- Athletes are highly encouraged to complete Sport Integrity Australia's **Clean Sport 101, Anti-Doping Fundamentals**, and **Annual Update** e-learning courses available at the following link:

👉 [Sport Integrity Australia eLearning](#)

For event queries or further information, please contact:

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courtney.pascoe@paralympic.org.au

