

NZPF Rules Regarding Membership and Competition Participation.

1. A lifter must be an affiliated member to both the NZPF and the Provincial Association closest to their mailing address.
2. A lifter can join more than one Association, but must join the Provincial Association closest to their mailing address. In competition you must represent your home Association.
3. A lifter must have completed both the NZPF Registration Forms; the Drug Free Sport Doping Consent Forms and any Provincial Association Forms before lifting in any NZPF sanctioned competition.
4. A lifter must have paid all the fees before becoming eligible to enter any NZPF sanctioned event.
5. Before competing at any NZPF National Championships event you must have been on the Drug Free Sport New Zealand's Drug Testing Programme for a minimum of three (3) months.
6. Before being eligible to set National Records at any NZPF National Championships event a lifter must have been on the Drug Free Sport New Zealand's Drug Testing Programme for a minimum of six (6) months.
7. There is no qualifying standard required to compete at a Provincial Competition.
8. In order to compete at a North Island or South Island Powerlifting or Benchpress Championships, a lifter must have competed at a Provincial Association Championships and qualified to the following standards; a lifter must have obtained the qualifying standard within a calendar year of the competition. Qualifying standards refer to the colour level given for specific age categories, weight classes and total required.
9. To compete at the National Powerlifting Championships or National Benchpress Championships, a lifter must have competed at a Provincial Association Championships and qualified to the standard outlined in point number eight (above). All lifters (including NZ Champions) must qualify for the next National Championships.
10. If a lifter elects to lift in a competition he/she has not qualified for due to personal or medical reasons, he/she may provide a written request for dispensation from the qualifying competition. This must be received before the qualifying competition takes place. The lifter must have reached the minimum qualifying standard, or be named by the lifter's province as a suitable representative. The NEC will consider the lifter's application and inform the lifter in writing of their decision. If the NEC approves the dispensation, the lifter will be granted written permission to compete at the stated competition.
11. To compete at an International Event (Oceania level and higher) the lifter must have competed at the National Championships or National Benchpress Championships and obtained the specified qualifying total or provided a dispensation request to the NEC [see note 10]. The qualifying total is only valid for 12 months from the date of the qualifying contest. The NEC will consider the lifter's application and inform the lifter in writing of their decision. The lifter must also complete an Application for International Competition form and Code of Conduct form and forward both to the NEC for consideration. These forms must be completed for all international competitions held in New Zealand and overseas. The NEC will notify the lifter of their decision in writing.
12. Lifters taking banned substances have the sole responsibility to apply to Drug Free Sport New Zealand for a TUE. The substance must not be taken in or prior to a competition until the lifter has received a Therapeutic Use Exemption (TUE). Any lifter competing overseas must have applied for and received an approved International Therapeutic Use Exemption (ITUE) before commencing the use of a banned substance. The TUE and ITUE forms are available from NZPF website or Drug Free Sport New Zealand on 0800DRUG FREE. Note: In some cases a lifter may not be able to wait for a TUE, follow your medical practitioner's advice.
13. A lifter who present with an anatomical abnormality or injury that prevents the completion of any lift as stated in the IPF rules requires a letter from a registered medical practitioner detailing the medical abnormality or injury and the degree to which this will effect the completion of the lift proper. A copy of this letter must be presented at the weigh in and made available to all referees. International competitions requiring an ITUE for anatomical abnormalities can be obtained from the NZPF website.