

12th ASEAN PARA GAMES 2023
3 – 9 June 2023
NOMINATION POLICY
POWERLIFTING

1. Introduction

- 1.1 The 12th ASEAN Para Games will be held in Phnom Penh, Cambodia, from 3 to 9 June 2023. Powerlifting is offered as a sport in the Games.
- 1.2 The provisional list of events offered can be found in Annex A (subject to changes upon confirmation by the local organizing committee).
- 1.3 Singapore may enter, for:
 - i) Individual events – a maximum of three (3) athletes per event

2. OBJECTIVE

- 2.1 This policy describes the process and criteria set under the Singapore Disability Sports Council (SDSC) to nominate athletes to the Singapore National Paralympic Council (SNPC) for the representation of Singapore at the 12th ASEAN Para Games.
- 2.2 This policy is guided by the principle that only those who have the highest potential or a high potential to represent Singapore well at the Games would be nominated by SDSC, while the final selection of athletes remains at the discretion of SNPC.
- 2.3 SDSC will publish the nomination policy on its website (url: www.sdsc.org.sg), including any updates or changes to the policy. Athletes and coaches will be responsible for ensuring that they are fully aware of and understand the policy and its content, as well as updates and changes, if any, to the policy.

3. ELIGIBILITY

- 3.1 To be eligible for consideration as an athlete representative, the participant must:
 - i. Be a Singapore citizen
 - ii. Comply with the sport-specific classification rules
 - iii. Be in good standing with SNPC and SDSC
 - iv. Minimum 15 years of age as of 2023 (Calculation: 2023 minus year born)

4. NOMINATION CRITERIA

- 4.1 The nomination criteria is guided by SNPC's selection criteria, is applicable to the following sports: Boccia, Powerlifting, Para Badminton, Goalball, Para Swimming, Para Table Tennis, Chess, Para Athletics, Football 5-a-side, CP Football, Judo, Sitting Volleyball, Wheelchair Basketball, and e-Sports (DEMO).
- 4.2 Athletes/Teams must at least match the performance level equivalent to the 3rd placing at the Solo 2022 ASEAN Para Games.
- 4.3 Athletes/Teams who miss the qualifying standard but show potential to equal or surpass it in time for the Games.
- 4.4 All results submitted for consideration must take place at properly accredited and SNPC recognised national, regional and international competition. Results from overseas events may be submitted for athletes living, studying or working overseas. However, these events have to be properly accredited and sanctioned minimally by the National Federation to be accepted (on a case-by-case basis).
- 4.5. All achievements should be achieved from **1st December 2021 to 4th March 2023.** Athletes/Teams that are nominated based on results outside of the qualification period will be reviewed on a case-by-case basis.
- 4.6 Other Considerations

In addition to the above selection criteria, the following may be taken into consideration:

- Attitude and behavior towards coaches, teammates, fellow athletes, officials and sports administrators, whether in relation to sporting matters or otherwise.
- General conduct and character which may affect the reputation, image, values or best interests of the athlete or the sport.
- Past disciplinary record;
- Current skill level, injury status and fitness level
- Level of commitment and attendance.
- Potential for future development
- Ability to demonstrate team spirit and work well with teammates and officials; and

- Such other non-performance related qualities as the selectors may consider to be relevant.

4.7 Exemptions will only be granted due to extenuating circumstances. On request of SDSC, evidence shall be provided of the extenuating circumstances, prior to the exemption being considered.

- Extenuating circumstances can include but is not limited to: i. Injury or Illness
- Equipment Failure
- Travel Delays
- Bereavement,
- Such other circumstances as the selectors may consider to be relevant.

5 QUALIFYING EVENTS

5.1 The selected qualifying events for Powerlifting are:

Competition	Period
11 th ASEAN Para Games 2022	30 July – 6 August 2022
Asia Oceania Open Championships	15 Jun 2022-20 Jun 2022
Solo 2022 ASEAN Para Games.	30 Jul 2022 – 6 Aug 2022
Birmingham 2022 Commonwealth Games	28 Jul 2022 – 8 Aug 2022
European Open Championships	24 Sept 2022-29 Sept 2022
SDSC Local Trial	23 Dec 2021, 15 Apr 2022, 3 March 2023

6 NOMINATION PROCESS

6.1 SDSC will submit athlete nominations to SNPC, based on the eligibility and nomination criteria in this policy.

6.2 All nominations will be approved by SDSC's Sports High Performance & Development Committee, after which the approved nominations would be submitted to SNPC. The approved nominations will be published on SDSC website (url: www.sdsc.org.sg).

- 6.3 SNPC, as the national body representing Singapore to the ASEAN Para Sports Federation, has the sole and final decision in selecting or not selecting athletes to represent Singapore at the 12th ASEAN Para Games 2023.
- 6.4 All nominations must include a detailed profile of the athlete. (Refer to Annex B)

7 APPEALS PROCESS

- 7.1 Appeals against non-nomination by SDSC must be made in writing to SDSC within 48 hours of the announcement of nominees.
- 7.2 An appeal must be made in writing with supporting documentation to 'Singapore Disability Sports Council'.
- 7.3 An appeal would only be considered if the athlete had met the eligibility criteria and MQS for the sport, but was not nominated due to gross oversight by SDSC. SDSC's Sports High Performance & Development Committee will deliberate the appeal and, if deemed justifiable, hear the appeal by the athlete concerned.
- 7.4 SDSC will, in writing, inform the athlete about the decision to either uphold or reject the appeal. The decision will be final and no further correspondence will be entertained.

8. CONTACT PERSONS

To find out more about the MQS or qualifying events, please contact:

Mr. Ron Tan
Performance & Pathway Executive
DID: 6342 3564 Email: [Ron. Tan @sdsc.org.sg](mailto:Ron.Tan@sdsc.org.sg)

To clarify on other parts of the nomination policy or submit an appeal, please contact:

Mr. Ron Tan
Performance & Pathway Executive
DID: 6342 3564 Email: [Ron. Tan @sdsc.org.sg](mailto:Ron.Tan@sdsc.org.sg)

Annex A

Events offered *TBC

Minimum Qualifying Standards (MQS)

Event	Results- MQS
Women's Up to 41kg	70kg
Women's Up to 45kg	70kg
Women's Up to 50kg	65kg
Women's Up to 55kg	104kg
Women's Up to 61kg	90kg
Women's Up to 67kg	85kg
Women's Up to 73kg	82kg
Women's Up to 79kg	64kg
Women's Up to 86kg	70kg
Women's Over 86kg	45kg
Men's Up to 49kg	<u>117kg</u>
Men's Up to 54kg	<u>117kg</u>
Men's Up to 59kg	<u>133kg</u>
Men's Up to 65kg	<u>112kg</u>
Men's Up to 72kg	<u>161kg</u>
Men's Up to 80kg	<u>110kg</u>
Men's Up to 88kg	<u>170kg</u>
Men's Up to 97kg	<u>161kg</u>

<https://results.apg2022.com>

Annex B

SECTION A	Profile			
	<i>To be completed by the athlete</i>			
Insert athlete's passport photo	Sport			
	Name as per passport			
	Gender		Age	
	Type of Impairment			
	Origin of Impairment	Congenital / Acquired		
	Classification		International Body	Where did the classification take place?
	Class Status	New / Review / Confirmed	Year	
	Carding		Year	

Training Information	No. of years in the sport	No. of training years in the sport	
	Attendance (% per month)	Frequency & duration per week	
	Attendance (% past two years)	Training Programme	Is the athlete training on his/her own expenses or under SDSC/NSAs programme?
Performance Information	Current Ranking (Local)	Current Ranking (Regional/World)	
	Current Year's	Previous Para Games results if	

	Achievements	applicable	
Athlete's Individual/Team Philosophy	What is the personal philosophy toward the athlete's sporting journey?		
Athlete's Games' Goal/Target			

I certify that the above information is true and correct, to the best of my knowledge.

Athlete's Name, Signature & Date

SECTION B	Team Manager/SDSC/NSA's Review for Nomination <i>Team Manager/SDSC/NSA to review athlete's submission and provide justification for the nomination</i>
Justification for nomination	Performance results of athletes being nominated should include the number of competing countries or athletes. E.g. Athlete XYZ came in 5 th out of 10 athletes or Team A came in 1 st out of 6 countries

SECTION C	Coach's Assessment/Evaluation
Coach's evaluation of the athlete	*Athlete's current skill level and fitness
	* Athlete's attitude and behaviour

	<p>*Coach's assessment on athlete's current performance and outcome of his/ her future sports development for the next 2 years</p>
	<p>*Sports result analysis of athlete's potential for future development. For young athletes, there should be an age relative comparison based on their sports class, against a current high-performance athlete, locally or internationally.</p> <p>E.g. young athlete, age 16, performs XX sec against the current national para athlete, age 20, who is in the same class performs YY sec during this age</p>
	<p>*For developmental and/or debutants at Paralympic Games, justification on how this game is at a suitable level for him/her, over other more conducive games that can be more suitable to start with</p>

Coach's and Team Manager/SDSC/NSA's undertaking

I confirm and verify that the information provided above is to the best of my knowledge and understanding.

COACH TEAM MANAGER/SDSC/NSA

Name, Signature & Date

Name, Signature & Date