



## 2022 Rule Change Summary

### Powerlifting

Change From	Change To
Old Formatting	Addition of page numbers and date change at footer to reflect October 2022
2020 Rules	<b>CHANGED:</b> Rules aligned with updated <a href="#">IPF Weight Class Formula</a> – 3.1.3.2 & 11.1
3.1.3.2 Weight Class Chart	<b>CHANGED:</b> Female Weight Classes have changed in the IPF. Removed the 72kg class, and added 69kg (152 lbs) and a 76kg (167.5 lbs)