2026 Oceania Regional Powerlifting & Bench Press Championships

2-6 November 2026, Suva, Fiji

The Oceania Regional Powerlifting Federation

&

Fiji Powerlifting Federation

Invite

ALL ORPF MEMBER NATIONS

to participate in the

2026 Oceania Regional Powerlifting & Bench Press Championships

2 – 6 November 2026, Suva, Fiji

USEFUL INFORMATION

Please note: All information is posted only for information purposes.

1.0 CHAMPIONSHIPS CONTACTS

POSITION	NAME	CONTACT
Championship Director	Tony Edwards	Email: tonycazhia@gmail.com
Secretary	Sidney Lui	Email: sidneylui430@gmail.com
Technical Secretary	Joel Ridings	Email: joelridings@hotmail.com
Host	Muzammil Ali Neha Ali	Email: muzammilali369@rocketmail.com Email: neha.rukshar6@gmail.com

All communications regarding the Championships should be sent directly to the nominated officials above.

2.0 NOMINATIONS

(a) Preliminary –All nominations are to be made on the Goodlift website by **02nd September 2026**

(b) 21 days before the Technical Meeting: **11th of October 2026** is the latest date for any removal of nominated lifters. IF not, any withdrawal is made 21 days prior to the Technical Meeting, federations are bound to pay the participation and doping fees for all lifters specified at the final nomination (IPF By-Laws 14.4 and 14.5)

(c) Final – All final nominations to be confirmed in Goodlift by midnight of **10th October 2026**

Important to remember:

Nomination of athletes and officials shall be received by the Championship Secretary with a copy to the Meet Director within the following time limits:

- Preliminary nomination not later than 60 days prior to an international event.
- Final nomination, submitted not later than 21 days prior to an international event, must be made from those nominated in the preliminary nomination (IPF By-Laws 14.5). According to the IPF Technical Rules (Page 4, item 7) at the final nomination you must list the athletes who will take part in the championship. AT the Technical meeting you can only **delete** athletes from your final nomination. There will be no more change by weight class of any athlete is possible. The final nomination is valid for the competition. Changes may occur to the timetable of events. All changes will take place at the technical meeting that will be held on the 28 October 2024 at the time set by the Championship Director. Victory Ceremonies will be held at the end of each lifting session. It will be mandatory that each athlete wear their National Team Warm up/track suit for the award presentation.

3.0 COMPETITION ENTRIES

(a) All team selections and entries must be done by the ORPF Member Nations and NOT by individuals and to be submitted to the Championship Secretary no later than the due date. The Preliminary and final nominations are to be uploaded to Goodlift. All final nominations will be entered to LiftingCast by ORPF and publicly viewable. Any changes

to the entries will be at the discretion of the Meet Director, Championship Secretary and Technical Chairperson.

(b) **Powerlifting Championships Categories** – Sub Junior, Junior, Open, M1, M2, M3 & M4

(c) **Bench Press Championships Categories** – Sub Junior, Junior, Open, M1, M2, M3 & M4

(d) Medals will be awarded in the Powerlifting Championships for TOTAL in all weight classes and age groups (SJ, J, Open, M1, M2, M3, M4).

(e) Individual lift Medals will be awarded in the Powerlifting Championships for Squat, Bench Press & Deadlift in OPEN category only.

(f) Medals will be awarded in the Bench Press Championships for all weight classes and age groups (SJ, J, Open, M1, M2, M3, M4)

4.0 FEES

The following fees are payable at the time of the entry:

(a) Participation – 100AUD (per athlete per championships).

(b) Anti-Doping – 75EURO (per athlete)

(c) Banquet – AUD60 (per athlete/officials)

(d) All fees must be paid directly into the ORPF Bank Account:

Name:	Oceania Regional Powerlifting Federation
BSB:	012593
Account Number:	470665875
Swift code:	ANZBAU3M
Address:	20A Foothills Rd, Corrimal, NSW, Australia, 2518

Please note that if your Federation is not paying your fees via PayPal, you must ensure that any bank transfer fees are included in the amount being transferred to cover these additional charges. Any shortfall in payment resulting from bank transfer fees will be considered as fees not being fully paid.

5.0 CHAMPIONSHIP VENUE & DAYS

The Championship will be held at FMF Gymnasium located in Laucala Bay Road, Suva. The competition will commence on 02nd November and concludes on the 06th November 2026. The competition will be streamed live. ORPF will provide the country flags, but each nation needs to email the anthems to ORPF no later than the 28th of October 2026.

6.0 TECHNICAL MEETING

The Technical meeting for all participating member nations will take place on Sunday, 1st November 2026.

7.0 TRAINING

A number of fitness facilities are available within Suva and the surrounding area for athletes who wish to train prior to the competition. These include the USP Fitness Centre, the National Fitness Centre, Metro Gym, Island Strength, and Charmans Gym. Access to and use of these facilities are subject to the respective gym's terms, conditions, and operating arrangements.

8.0 TRAVEL REQUIREMENTS INTO FIJI

Before you book to travel to Fiji, it is important that you check all visa and entry requirements. If you are still unsure of the information provided online, contact the host directly for further assistance.

9.0 ACCOMMODATION

(a) Although it is recommended and encouraged, there is no obligatory requirement for athletes, coaches, referees, or officials from each federation to stay in the official hotel for all days in attendance of the competition, however if athletes, coaches, referees or officials do not stay in the official hotel during the championship, the participating nation is obliged to inform the Competition Promoter of their alternative circumstances. (See ORPF By-Law 105.7)

The **Tanoa Plaza Hotel Suva and Yatu Lau Hotel** is the designated accommodation for the Championships officials and athletes. Please visit the below link for more information on this accommodation.

https://www.tanoahotels.com/fiji-plaza-hotel/
https://yatulauhotels.com/

(b) At all OPRF competitions, participating national federations shall be responsible for their own hotel bills. All pre-booked rooms must be paid before the championships, except those rooms that have been cancelled until twenty-one (21) days before the beginning of the championships. If required Visa is not obtained, the hotel must be notified latest 7 days prior to the technical meeting to cancel the reservation. Cancellation must be proved by a written confirmation of the organiser e.g. by email or fax. No other exception can be accepted.

The national federation concerned will be charged for any damages or thefts occurring in the room. (See ORPF By-Law 105.7)

10.0 TRANSPORT

National Federations requiring assistance with transportation arrangements between Nadi International Airport and Suva may contact the Organising Committee through the email addresses provided no later than ninety (90) days prior to the commencement of the competition.

The Fiji Powerlifting Federation may assist in facilitating group transportation for teams and official delegations travelling between Nadi International Airport and Suva, where reasonably practicable. All transportation costs shall remain the responsibility of the respective National Federation.

Please note that transportation arrangements will only be facilitated for teams and official delegations. Individual transportation requests from athletes, coaches, officials, or spectators will not be arranged by the Organising Committee.

11.0 SCALES

Scales will be available at the official hotel, 24 hours. Scales will also be available at the venue.

12.0 HEALTH & INSURANCE

All delegates must have valid health insurance (is also obligatory to have it at Customs). The organizer and the ORPF will not incur any expenses for a doctor or a stay in the hospital. We recommend travel insurance for covering loss of luggage, theft, delayed flights etc.

13.0 INDEMNITY & INSURANCE

All participating federations and its delegated athletes and officials agree to indemnity and not hold the organizing committee accountable for and against any claims for personal injury, financial loss, death, or property damage, in any form, arising out of or in any way resulting from the participation in, postponement or cancellation of the said Oceania Championships

14.0 BANQUET & SPECIAL AWARDS

The final banquet is tentatively scheduled for Friday 06th November. It is compulsory for all athletes and officials to attend. Awards to be presented:

- Men and Women "BEST LIFTER" awards for the POWERLIFTING CHAMPIONSHIPS will be presented at the BANQUET for each of the age groups (SJ, J, Open, M1, M2, M3, M4) (calculated by IPF Points)
- Men and Women "BEST LIFTER" awards for the BENCH PRESS CHAMPIONSHIPS will be presented at the BANQUET for each of the age groups (SJ, J, Open, M1, M2, M3, M4) (calculated by IPF Points)
- Men and Women "ORPF BEST OPEN TEAM" award for the POWERLIFTING CHAMPIONSHIPS will be presented at the BANQUET. (calculated by Team Points of the top 5 placed Open lifters from each nation)
- Men and Women "ORPF BEST JUNIORS TEAM" award for the POWERLIFTING CHAMPIONSHIPS will be presented at the BANQUET. (calculated by Team Points of the top 8 placed SJ or J lifters from each nation)
- Men and Women "ORPF BEST MASTERS TEAM" award for the POWERLIFTING CHAMPIONSHIPS will be presented at the BANQUET. (calculated by the total IPF Points of the best 8 lifters in M1, M2, M3 or M4 from each nation)
- Men and Women "ORPF BEST OPEN TEAM", "ORPF BEST JUNIORS TEAM" & "ORPF BEST MASTERS TEAM" awards - calculated as above - for the BENCH PRESS CHAMPIONSHIPS will be presented at the BANQUET.
- Bench Press Team awards will only be presented if there are more than 100 total entries in the Bench Press Championships.

IMPORTANT NOTES

- Medals will be presented immediately following each session.
- All athletes MUST remain in the venue until the end of the medal presentation for their category (this is an IPF Anti-doping requirement).
- Athletes MUST wear full Team Tracksuit for medal presentations, athletes not meeting this requirement will not be allowed on the podium.
- Any nation who has been a member of the ORPF for more than 3 years and does not have an International Referee present and working in the Championships will have one less athlete's point included when calculating each of the Team Awards.

- All nations MUST attend the Banquet to be eligible to receive any BEST LIFTER or ORPF BEST TEAM awards.
- The ORPF is requesting submissions for "HALL OF FAME" & "NATIONAL AWARD OF MERITS" to be presented at the Banquet.

15.0 GENERAL ASSEMBLY

The ORPF General Assembly will take place on the 01 November 2026 as per the ORPF Constitution that in non-Pacific Games years the General Assembly shall meet annually one day before the start of the Oceania Regional Powerlifting Championships.

16.0 ANTI-DOPING

(a) You are **strictly liable** for any substance found in your body (or specimen). You may be charged with anti-doping rule violation for the presence or use of a prohibited substance or method, whether its use was intentional or not.
(b) Always check your medications and supplements before consuming them to make sure they do not contain any substances or methods included on the WADA Prohibited List.
(c) Educate yourself on the risks of taking supplements and minimize your risk. All athletes **must** successfully complete education through the World Anti-Doping Agencies (WADA) online education platform (ADeL) to be able to compete. You must submit your completed certificate from Adel with your nomination for your registration to be complete.
(d) Understand and educate yourself on your rights and responsibilities as an athlete, including but not limited to:

- requirements for submitting whereabouts information.
- rights and responsibilities during sample collection
- responsibility to avoid the use of prohibited substances and methods.
- consent to the use of your information.
- obligations to follow the IPF Anti-Doping Rules and all consequences deriving g therefrom.

(e) All athletes participating at this event are classified as an International Level Athlete.
(f) As an International Level Athlete, if you have a medical condition for which you need to take a medication or use a therapeutic method that is prohibited under the WADA Prohibited List, apply for a Therapeutic Use Exemption (TUE) to the appropriate organization (IPF or NADO) prior to the start of its use and at least 30 days before competing.
(g) For athletes competing in the Sub-Junior and Masters categories, you are not required to apply for a TUE in advance of being tested. However, if you do compete in one of these categories and you are taking a medication that contains a prohibited substance you will be required to apply for a TUE retroactively should you be selected for doping control at this event.

For all anti-doping related questions, please contact ipfantidoping@cces.ca.

17.0 COMPETITION RULES

The IPF Technical Rules Book 2026 is to be observed at all times. These can be found on this link IPF rules 2026

2026 ORPF POWERLIFTING & BENCH PRESS CHAMPIONSHIPS
02 – 06 November 2026, Suva, Fiji
PRELIMINARY TIMETABLE

COMPETITION DETAILS								
DATE	**TIME**	**DETAILS**			**LOCATION**	**RESPONSIBLE**		
Saturday 31/10/2026	10:00	Referee Exams			TBA	Referee Examinees & Technical Chair		
	15:00	Referee Meeting			TBA	Referees & Technical Chair & ORPF		
Sunday 01/11/2026	14:00	Technical Meeting			TBA	Managers, Technical Chair & ORPF		
	15:30	ORPF General Assembly			TBA	Member Federations & ORPF		
Monday 02/11/2026	07:30	OPENING CEREMONY TO BE HELD AT THE COMPETITION VENUE				ALL TEAMS		
	Session Number	**Weigh In**	**Lifting Start**	**Weight Class**		**Age Group**	**Expected No. of Lifters**	**Medal Est Time**
	1	06:30	08:30	Women Powerlifting	43/47/52/57	All Ages	20	12:00
	2	10:30	12:30	Men Bench Press	ALL CLASSES	All Ages	45	15:00
	3	13:30	15:30	Women Powerlifting	63/69	All Ages	25	19:00
Tuesday 03/11/2026	4	06:00	08:00	Men Powerlifting	53/59/66	All Ages	20	11:30
	5	10:00	12:00	Women Bench Press	ALL CLASSES	All Ages	35	14:00
	6	12:30	14:30	Men Powerlifting	74	All Ages	25	19:00
Wednesday 04/11/2026	7	06:00	08:00	Men Powerlifting	83	All Ages	25	12:00
	8	10:30	12:30	Women Powerlifting	76/84	All Ages	30	17:30
	9	16:00	18:00	Men Powerlifting	93	All Ages	25	21:30
Thursday 05/11/2026	10	06:00	08:00	Men Powerlifting	105	All Ages	20	11:30
	11	10:00	12:00	Women Powerlifting	84+	All Ages	20	15:30
	12	12:30	16:30	Men Powerlifting	120	All Ages	25	20:00
Friday 06/11/2026	13	07:00	09:00	Men Powerlifting	120+	All Ages	25	13:30
	18:00	**BANQUET (LOCATION TBA)**						