

Equipment Requirements per Competition

| Type of Competition                                  | WPPO Approved Equipment Required |                 |    | Total Number of Sets |
|--|----------------------------------|-----------------|----|----------------------|
| Paralympic Games                                     | Benches                          | Competition     | 1  | 45                   |
|  |                                  | Warm Up         | 12 |                      |
|  |                                  | Training        | 32 |                      |
|  | Set of Discs                     | *Field of Play  | 1  | 45                   |
|  |                                  | **Competition   | 12 |                      |
|  |                                  | ***Training     | 32 |                      |
|  | Bars                             | Bars            | 45 | 45                   |
| Jr & Sr<br>World Championships                       | Benches                          | Competition     | 1  | 23                   |
|  |                                  | Warm Up         | 10 |                      |
|  |                                  | Training        | 12 |                      |
|  | Set of Discs                     | * Field of Play | 1  | 23                   |
|  |                                  | ** Competition  | 10 |                      |
|  |                                  | ***Training     | 12 |                      |
|  | Bars                             | Bars            | 23 | 23                   |
| Regional<br>Championships /<br>Regional Games (Asia) | Benches                          | Competition     | 1  | 16                   |
|  |                                  | Warm Up         | 10 |                      |
|  |                                  | Training        | 5  |                      |
|  | Set of Discs                     | * Field of Play | 1  | 16                   |
|  |                                  | ** Competition  | 10 |                      |
|  |                                  | ***Training     | 5  |                      |
|  | Bars                             | Bars            | 16 | 16                   |
| Regional<br>Championships /<br>Regional Games        | Benches                          | Competition     | 1  | 16                   |
|  |                                  | Warm Up         | 10 |                      |
|  |                                  | Training        | 5  |                      |
|  | Set of Discs                     | * Field of Play | 1  | 16                   |
|  |                                  | ** Competition  | 10 |                      |
|  |                                  | ***Training     | 5  |                      |
|  | Bars                             | Bars            | 16 | 16                   |

|  |                     |                        |           |           |
|--|---------------------|------------------------|-----------|-----------|
| <b>World Cups /<br/>Sub-Regional Games</b>                 | <b>Benches</b>      | <b>Competition</b>     | <b>1</b>  | <b>10</b> |
|  |                     | <b>Warm Up</b>         | <b>6</b>  |           |
|  |                     | <b>Training</b>        | <b>3</b>  |           |
|  | <b>Set of Discs</b> | <b>* Field of Play</b> | <b>1</b>  | <b>10</b> |
|  |                     | <b>** Competition</b>  | <b>6</b>  |           |
|  |                     | <b>***Training</b>     | <b>3</b>  |           |
| <b>Bars</b>  | <b>Bars</b>         | <b>10</b>              | <b>10</b> |           |
| <b>Youth Para Games /<br/>Invitational<br/>competition</b> | <b>Benches</b>      | <b>Competition</b>     | <b>1</b>  | <b>6</b>  |
|  |                     | <b>Warm Up</b>         | <b>4</b>  |           |
|  |                     | <b>Training</b>        | <b>1</b>  |           |
|  | <b>Set of Discs</b> | <b>**Competition</b>   | <b>1</b>  | <b>6</b>  |
|  |                     | <b>***Training</b>     | <b>4</b>  |           |
|  |                     | <b>***Training</b>     | <b>1</b>  |           |
| <b>Bars</b>  | <b>Bars</b>         | <b>6</b>               | <b>6</b>  |           |
| <b>National Competition</b>                                | <b>Benches</b>      | <b>Competition</b>     | <b>1</b>  | <b>3</b>  |
|  |                     | <b>Warm Up</b>         | <b>2</b>  |           |
|  |                     | <b>Training</b>        | <b>0</b>  |           |
|  | <b>Set of Discs</b> | <b>**Competition</b>   | <b>1</b>  | <b>3</b>  |
|  |                     | <b>***Training</b>     | <b>2</b>  |           |
|  |                     | <b>***Training</b>     | <b>0</b>  |           |
| <b>Bars</b>  | <b>Bars</b>         | <b>3</b>               | <b>3</b>  |           |

***Set of Discs***

\* Field of Play = 315.5kg

\*\* Competition = 265.5kg

\*\*\*Training = 215.5kg

*The set of discs (kg) exclude the bar (20kg) and pair of collars (5kg).*

| 1 x Field of Play Disc Set |           |                   |
|----------------------------|-----------|-------------------|
| Weight Disc (kg)           | Quantity  | Total Weight (kg) |
| 25                         | 8         | 200               |
| 20                         | 2         | 40                |
| 15                         | 2         | 30                |
| 10                         | 2         | 20                |
| 5                          | 2         | 10                |
| 2.5                        | 2         | 5                 |
| 2                          | 2         | 4                 |
| 1.5                        | 2         | 3                 |
| 1                          | 2         | 2                 |
| 0.5                        | 2         | 1                 |
| 0.25                       | 2         | 0.5               |
|                            | <b>28</b> | <b>315.5</b>      |

| 1 x Competition Disc Set |           |                   |
|--------------------------|-----------|-------------------|
| Weight Disc (kg)         | Quantity  | Total Weight (kg) |
| 50                       | 0         | 0                 |
| 25                       | 6         | 150               |
| 20                       | 2         | 40                |
| 15                       | 2         | 30                |
| 10                       | 2         | 20                |
| 5                        | 2         | 10                |
| 2.5                      | 2         | 5                 |
| 2                        | 2         | 4                 |
| 1.5                      | 2         | 3                 |
| 1                        | 2         | 2                 |
| 0.5                      | 2         | 1                 |
| 0.25                     | 2         | 0.5               |
|                          | <b>26</b> | <b>265.5</b>      |

| 1 x Training Disc Set |           |                   |
|-----------------------|-----------|-------------------|
| Weight Disc (kg)      | Quantity  | Total Weight (kg) |
| 50                    | 0         | 0                 |
| 25                    | 4         | 100               |
| 20                    | 2         | 40                |
| 15                    | 2         | 30                |
| 10                    | 2         | 20                |
| 5                     | 2         | 10                |
| 2.5                   | 2         | 5                 |
| 2                     | 2         | 4                 |
| 1.5                   | 2         | 3                 |
| 1                     | 2         | 2                 |
| 0.5                   | 2         | 1                 |
| 0.25                  | 2         | 0.5               |
|                       | <b>24</b> | <b>215.5</b>      |

Note: Sets of 50kg discs will be required in addition to the Field of Play Disc Set in accordance with the level of competition.

***WPPPO Approved Suppliers 2018-2024***

| Approved Companies | Approved Items |     |        |      |          |      |             |
|--------------------|----------------|-----|--------|------|----------|------|-------------|
|                    | Bench          | Bar | Collar | Disc | Platform | Rack | Accessories |
| <b>ELEIKO</b>      | Yes            | Yes | Yes    | Yes  | Yes      | Yes  | Yes         |