

## **POWERLIFTING**

### **REGULATIONS**

#### **I. TIME AND PLACE**

18 May 2024.

LSU Aleksas Stanislovaitis Indoor athletics arena

Ausros str. 42, Kaunas

#### **II. PARTICIPANTS**

Individual competitions.

The competitions will be held according to international IPF classical Powerlifting (RAW) rules.

There is no restriction to the number of participants.

All competing participants must meet the requirements of the General Regulations of SELL 2024 Kaunas games.

Weight categories are:

**Men:** -66 kg, -74 kg, -83 kg, -93 kg, -105 kg, +105 kg and Absolute category (IPF GL coefficient)

**Women:** -57 kg, -63 kg, -69 kg, +69 kg and Absolute category (IPF GL coefficient)

**-57 kg, +69 kg, -66 kg, +105 kg** Absolute category, (3) best participant by IPF GL points.

Women and men categories top three (3) best participant by IPF GL points is awarded with trophies and / or prizes.

Weigh-in – 8:00 - 9:00

Beginning of the competition – 10:00

I session 10:00 – 13:00

II session 14:00 – 17:00

Details of the daily schedule will be published later, after final nominations deadline.

#### **III. MEDICAL SERVICE**

The participants must have the appropriate insurance to cover travel and participation, as they are not the responsibility of the OC. The OC will insure the first aid at the competition venues for all accredited persons.

#### **IV. ORGANIZER**

Lithuanian Powerlifting Federation

Gabija Dargytė

[gabijadargyte@gmail.com](mailto:gabijadargyte@gmail.com)