



## POWERLIFTING

### REGULATIONS

#### TIME

The powerlifting competition will take place on May 20, 2023

Timetable:

#### **I session**

8:00-9:30 Weigh-in - Women: -57 kg, -63 kg, -69 kg, 69+kg; Men: -74kg, -83kg

10:00 Start of the competition

1st group: women

2nd group: men -74kg, -83kg

#### **II session**

12:00-13:30 Weigh-in - Men: -93kg, -105kg, 105+kg

14:00 Start of the competition

1st group: men -93kg

2nd group: men -105kg

3rd group: men 105+kg

#### PLACE

The competition will be held at Tartu University Sports Hall, Ujula 4, Tartu.

#### REGISTRATION

All information about registration can be found in SELL 2023 General Regulations.

#### PARTICIPANTS

All competing participants must meet the requirements of the General Regulations of SELL 2023 Tartu games.

WOMEN: -57 kg; -63 kg; -69 kg; 69+ kg and Absolute category (IPF GL coefficient)

MEN: -66kg; -74 kg; -83 kg; -93 kg; -105 kg; 105+ kg and Absolute category (IPF GL coefficient)

#### SYSTEM OF COMPETITION

The competition is individual. There is no restriction to the number of participants. The competitions will be held according to international IPF classical Powerlifting (RAW) rules.

All protests will be resolved in accordance with the General Regulations of SELL 2023 Tartu games.

#### ORGANIZER

Peep Päll

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