



XXXV SELL
STUDENTS GAMES
KAUNAS 2019

POWERLIFTING REGULATIONS

I. TIME AND PLACE

From May 17 to May 18, 2019.
Aleksas Stanislovaitis Indoor athletics arena
Ausros str. 42, Kaunas

II. PARTICIPANTS

Individual and team competitions.

The team competitions – 6 best results (men and women).

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 2019 Kaunas games.

Weight categories are:

Men: -66 kg, -74 kg, -83 kg, -93 kg, -105 kg, +105 kg.

Woman: -57 kg, -63 kg, -72 kg, +72 kg

III. PROGRAM

May 17th (Friday)

Weigh - in - 10⁰⁰ – 11³⁰

Start competition - 12⁰⁰

Men - weight categories: -66 kg, -74 kg.

Women - weight categories: -57 kg, -63 kg, -72 kg, +72 kg.

May 18th (Saturday)

Weigh - in - 8⁰⁰ – 9³⁰

Start competition - 10⁰⁰

Men - weight categories: -83 kg, -93 kg.

Weigh - in - 11⁰⁰ – 12³⁰

Start competition - 13⁰⁰

Men - weight categories: -105 kg, +105 kg.

V. 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.

VI. HEAD REFEREE

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