



POWERLIFTING

REGULATIONS

TIME

The powerlifting competition will take place on May 20, 2023

Preliminary timetable:

I session

8:00-9:30 Weight-in -
Women: -57 kg, -63 kg,
-69 kg, 69+kg
10:00 Start competition

II session

11:30-13:00 Weight-in -
Men: -66 kg, -74 kg, -83 kg
13:30 Start competition

III session

15:00-16:30 Weight-in -
Men: -93 kg, -105 kg;
105+ kg
17:00 Start competition

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; -72 kg; 72+ 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

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