



«Agreed»

IPL President

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Steve Denison

«Affirm»

President of IPL Russia

RPU President

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Dluzhnevsky S.S.

«Agreed»

RPU representative

in Saint Petersburg

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Smirnov O.A.

## Competition Rules

### IPL World Powerlifting Championship

#### 1. Date and venue of the championship.

Date: December 06-09, 2018.

Venue: Saint Petersburg, Russia.

The exact address will be known later and published here: <http://world-powerlifting.ru/en/place/sports-complex>.

Schedule of weighing and lifts will be made based on preliminary applications and will be available from November 18, 2018 on the official English website of the federation: <http://world-powerlifting.ru/en/about-championship/schedule>.

#### 2. Divisions.

Championship will be held on the IPL Technical Rules. Read them in English on website: <http://www.powerlifting-ipl.com/wp-content/uploads/2018/05/2018-IPL-Rule-Book-v4.pdf>.

Divisions:

- Powerlifting (full power): RAW and with knee wraps, Single ply and Multi ply
- Push Pull (bench press & deadlift): RAW and Equipment
- Bench Press: RAW, Single ply and Multi ply
- Deadlift: RAW and Equipment

Allowed only certificated referees by International Powerlifting League/ IPL.

### **3. Applications forms and payments.**

Preliminary applications are NECESSARY!!!

The application deadline is November 15, 2018 (inc.).

Online registration form on official website of event: <http://www.world-powerlifting.ru/en/apply>.

#### **Entry Fee:**

Single lift - 3600 RUR / 58 USD

Double lifts - 6200 RUR / 100 USD

Three lifts or more- plus 1600 RUR / 26 USD for one nomination.

*Discount for teenagers 13-15 yo and veterans over 60 yo:*

Single lift - 3300 RUR / 53 USD

Double lifts - 5900 RUR / 95 USD

Three lifts or more- plus 1600 RUR / 26 USD for one nomination.

*Discount for athletes with physical specialties with 3rd disability:*

- 50% in one nomination

*Free entry fee (in one nomination) for:*

- athletes over 70 years old
- sportsmen with physical specialties with 1st or 2nd disability

#### **RPU membership:**

All competitors must be current members of the RPU sport federation at the moment a weighing procedure. The annual membership fee Federation RPU - 900 RUR / 15 USD.

Contribution valid for one year from the date of payment, and recorded in the database RPU federation athletes.

#### **The athletes pay the entrance fee at the time of the weigh-in.**

### **4. Personal rewarding.**

Athletes, who take first three places in age and weight class, get the exclusive medals and diplomas.

Absolute rewarding occurs to be in open age class (24-39), juniors (14-19), juniors (20-23) and masters (over 40) and is calculated by Wilks formulas if there are eight (8) or more participants in any age class for men and six (6) for women. Winners and awardees of absolute category get exclusive diplomas, medals or cups, valuable or material prizes if any sponsor help is occurred.

All awardees or their representatives have to be on awarding ceremony. In other way giving the prizes are not guaranteed.

## **5. Participants.**

Sportsmen, from any region of the world, older than 13 years old are allowed to take part in competitions. Participants under 13 years are allowed before the competition after personal consideration of the athlete's candidature by the organizers of the competition.

Every sportsman has to consult with his doctor before taking part in competitions. All athletes perform at their own risk, realizing that they could be seriously injured. Organizers are not responsible for health of the sportsmen, as well as risks associated with the trauma.

Equipment and uniforms of athletes must comply with the rules of the IPL federation. Athletes who do not perform the requirements on equipment and uniforms are not allowed to the platform.

## **6. Team organization, application rule and rewarding.**

To apply the team the captains have to send a general application form before November 15, 2018 to e-mail [dluzhnevsky@russia-powerlifting.ru](mailto:dluzhnevsky@russia-powerlifting.ru).

It is impossible to change something after the November 15.

Number of participants is not limited but not less than 10. Each team must indicate an official represent of team.

Regardless of whether an athlete performs in the individual competition or for the team, for each separately, athletes must be submitted online application on the e-mail: [dluzhnevsky@russia-powerlifting.ru](mailto:dluzhnevsky@russia-powerlifting.ru). In the "Command" column indicates the name of a command, or written "Personally."

### **Team rewarding:**

The number of members in one team is unlimited, but not less than 15 persons. Best 15 participants calculate team points. For each age class every 1st place gives a team 12 points, 2nd place – 9 points, 3rd place – 8 points, 4th place – 7 points, 5th place – 6 points, 6th place – 5 points and so on. 10th place and every next gives a team 1 point. If a sportsman shows the International Master's result – 18 points, Master's result – 12 points.

Teams who winner gets cups, diplomas, and any valuable or material prizes if any sponsor help is occurred.

## **7. Registration of National, European and world Records.**

By the results of this Championship National, European and world records of IPL/RPU federation will be fix.

To get the records certificate special online form on official website needs to be send: <http://russia-powerlifting.ru/zayavka-na-sertifikat>.

## **8. Contact detail.**

Organizers:

- President of IPL Russia and Russian Powerlifting Union – Dluzhnevsky Sergey.
- RPU Representative in Saint Petersburg – Smirnov Oleg.

The Head referee: Dluzhnevskay Sergey/ RPU international referee category (Vologda)

The Head Secretary: Novikov Stepan / RPU international referee category (Vologda)

Dluzhnevsky Sergey – phone +7 (911) 545-5530

E-mail: [dluzhnevskiy@russia-powerlifting.ru](mailto:dluzhnevskiy@russia-powerlifting.ru)

Smirnov Oleg – phone +7 (953) 147-8407

E-mail: [sprgpaipo@gmail.com](mailto:sprgpaipo@gmail.com)

IPL World Championship official website: <http://world-powerlifting.ru/>

RPU official website: <http://russia-powerlifting.ru>

IPL official website: <http://www.powerlifting-ipl.com/>

## **9. The contract for participation in the competition.**

Passing weighing procedure and registration, each athlete is required to sign the reverse side of the registration card. The fact of signing this card is the conclusion of an Agreement on the participation in the competition between the athlete and the organizers. By signing the card, the athlete agrees with the clauses of this competition rule, as well as with all the points of technical regulations RPU Federation and all of its decisions taken before the start of the competition and published on the official website.

Also, the athlete expressly agrees to the following conditions:

Taking part in the competition, the athlete recognizes that it will require a maximum of physical and psychological stress, which entails a risk of injury or mutilation. Athlete assumes all risks associated with it, and bears full responsibility for any injury and mutilation, about which he known or not, that he can get.

The athlete is realizing that he is responsible for the control of his health before taking part in the competition, thus confirming conducting regular medical check-up, and the absence of medical contraindications for participation in competitions, respectively, his full physical fitness and voluntarily insured his life and health on the period of participation in competition.

Taking part in the competition, the athlete knowingly waives any claims in the event of injury or mutilation in this tournament, against RPU Federation, the tournament organizers, the owner of the premises, directors, officers, employees, assistants on the platform and all operating personnel of competition.

Athlete voluntarily pays for all charitable contributions intended to repay the costs of the tournament, the production of awards merchandise and other expenses related to the sporting events.

Personal competitor data to be processed in compliance with the requirements of the Russian Law 152-FZ "On personal data".

Athlete acquainted with this competition rule and fully understand its contents. Athlete voluntarily agrees to accept all of the above paragraph of this provision these conditions and thus confirms this by signing a registration card in the presence of the Secretariat on registration and weighing procedure.

**This provision is an official call on the competition**