



«Agreed»

President IPL

Steve Denison

«Approved»

President «Russian Powerlifting Union»

President IPL Russia

Dluzhnevsky S. S.



Competition rule

World Open Cup in powerlifting, bench press and deadlift by versions IPL and "Russian Powerlifting Union" federations

1. Objectives and Rationale:

- identify the strongest athletes in the world and the assignment of sports categories and titles up to the Russian Elite by "Russian Powerlifting Union";
- fixing Russian, European and world records by versions of federations: "Russian Powerlifting Union" and IPL;
- rallying sportsmen from different countries and training of the teamwork feeling;
- promotion of power sports, both popular and spectacular sports among the world's population;
- identify of the strongest teams of the participating countries, as well as the winner and prize-winner of small team competition;
- formation of the prestigiousness sports and, in a result, formation of the prestigiousness a healthy lifestyle.

2. Management of Cup.

Broad guide will be taken by "Russian Powerlifting Union" federation, which represents interests of 4 international federations – Global Powerlifting Alliance (GPA), International Powerlifting Organization (IPO), International Powerlifting League (IPL) and World Raw Powerlifting Federation, her duly represent the president Sergei Dluzhnevsky.

3. Dates and Places.

The Cup will be held 15-17 December 2017 in the city of Dolgoprudny / Moscow region, Russia. Location: Sports and recreation complex "Salyut", Dolgoprudny, Avenue Raketostroiteley building 4, it's 5 km from the Moscow Ring Road. If you are traveling with the navigator, will be more convenient to construct a

route, if you enter the address: Dirizhabelnaya, 2a, it's the FOK "Salute" too. Entrance to the FLC "Salute" is carried out of the Dirizhabelnaya streets. Entry to premises of the competition will be signposted.

Schedule of weighing and actions will be made on the basis of preliminary applications and will be available from December 04, 2017 on the official website of the federation: <http://russia-powerlifting.ru/documenty/reglament> and as well as on the official website of the Cup: world-powerlifting.ru.

4. Regulation, referees and drug test.

Cup's held on the technical rules of the international federations International Powerlifting League (IPL) and the "Russian Powerlifting Union". Read them on our website: <http://russia-powerlifting.ru/documenty/tehnicheskie-pravila> or on the IPL website: <http://uspla.org/home/wp-content/uploads/2014/10/IPL-Rule-Book-v101414.pdf>.

The top 10% pass drug-test from drug tested division necessarily have to pass drug test. More information about this can be seen in item 10.

Every team can provide its own referee. The referee has to wear corresponding suit (white shirt, dark trousers) and corresponding category of referee.

The Cup are held in RAW, MultiPly and SinglePly equipment.

Powerlifting: RAW, RAW with knee wraps, single ply and multi ply divisions.

Push Pull: RAW and equip.

Squat: RAW, RAW with knee wraps, single ply and multi ply divisions.

Bench Press: RAW, single ply and multi ply divisions.

Deadlift: RAW, equip.

Allowed to duplicate the successful attempt of powerlifting in to push pull, bench press and deadlift!

Allowed only certificated referees by "Russian Powerlifting Union" and International Powerlifting League (IPL). Recording for refereeing day by day: dluzhnevskiy@russia-powerlifting.ru. In application write days when you are ready to referee. Referees seminar with ability to pass theoretical part for assigning referee category is going to be before the Cup. Exact day and time will be shown on official web site of the federation: <http://russia-powerlifting.ru>.

Organisators:

The President of federation "Russian Powerlifting Union": Dluzhnevsky Sergei.

The Vice-President of federation "Russian Powerlifting Union": Novikov Stepan.

The Main referee: Dluzhnevsky Sergei (international referee category)

The Chairman of Jury of Appeal: Dluzhnevskaya Elvira (international judgement category).

The Main Secretary: Novikov Stepan (international judgement category).

5. Participants of the Cup.

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 sportsmen 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 federations International Powerlifting League (IPL) and the "Russian Powerlifting Union" federation. Athletes who do not perform the requirements on equipment and uniforms are not allowed to the platform.

6. Personal rewarding.

Sportsmen, 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), teenagers (13-19), juniors (20-23) and masters (over 40) and is calculated by Wilks formulas if there are 8 or more participants in any age class. Winners and awardees of absolute category get exclusive diplomas, medals or cups, valuable or material prizes if any sponsor help is occurred. Coaches of absolute winners get memorable prize and diploma.

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

7. Team organization and application rule.

To apply the team the captains have to send a general application form before December 01, 2017 to e-mail dluzhnevskiy@russia-powerlifting.ru. The form of the team application and as well as a sample of command counting of points will be posted on the website: <http://russia-powerlifting.ru> in the "Documents" section.

It is impossible to change something after the December 01.

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 official website of the Federation: <http://russia-powerlifting.ru/zayavka-na-sorevnovanie>. In the "Command" column indicates the name of a command, or written "Personally."

8. Team rewarding.

Awarding teams will take place among the countries - participants of the meet according to the international rules of counting the team classification International Powerlifting League (IPL) described in the technical regulation "General Rules" on page №6. Rules can be see here: <http://russia-powerlifting.ru/documenty/tehnicheskie-pravila>.

And also a small team competition among the national teams of the constituent entities of the Russian Federation. The athletes of the team must be from one subject of the Russian Federation - the central city and its region, territory, republic, autonomous region or autonomous district.

The second team rewarding is going to be independent from participant countries and beyond teams. The number of members in one team is unlimited, but not less than 10 (ten) persons. Team points are calculated by best 15 participants. 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 Elite's result it gives a team 24 points, International Master's result – 18 points, Master's result – 12 points.

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

The team captain or her representative is obliged to count the points of his team. Immediately after the end of the tournament, the captain or an authorized representative of the team is required to provide a list of the 15 best performances of his team to the secretariat to verify the correctness of the calculation. If the calculations were not provided, then the team does not participate in the team competition.

9. Applications forms and payments.

Preliminary applications are NECESSARY!!!

Application forms are accept before the December 01, 2017 (incl.) via online registration form on official web site of federation: <http://russia-powerlifting.ru/zayavka-na-sorevnovanie>.

For single action entry fee is 3500 RUR/60 USD.

For double action 6000 RUR/107 USD.

If athlete wants extra there are three nominations or more, then he must pay in addition on 1500 RUR/27 USD for one nomination.

Entry fee for teenagers 13-15 y.o. and veterans over 60 y.o. is 3250 RUR/56 USD for single action and 5750 RUR/103 USD for double. If athlete wants extra there are three nominations or more, then he must pay in addition on 1500 RUR/27 USD for one nomination.

For the drug tested division entry fee is the same plus 850 RUR/15 USD for selective drug test.

For athletes over 70 years old and for sportsmen with physical specialties with 1st or 2nd disability form application is free if they take a part in one nomination. For sportsmen with physical specialties with 3rd disability form entry fee is discounted on 50% if the take a part in one nomination. Athletes of this group are not exempt from the annual fee to the federation.

For sportsmen who have an Elite status in one of any Russian powerlifting federations there is no entry fee if they take a part in one profile nomination. To prove an Elite status it's necessary to have a special certificate. Drug test fee 850 RUR/15 USD Elite sportsmen pay as everyone. Athletes of this group are not exempt from the annual fee to the federation.

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

10. Drug test.

Within 30 minutes after the performance in the division with the passage doping control of each athlete is obliged to wait for the announcement of the list of the top 10% Wilks scores pass drug-test participants who called for the surrender of mandatory doping tests. Letting bio sample is made in the presence of doping-officer federation "Russian Powerlifting Union" and / or an invited observer, with constant visual inspection in accordance with the "Anti-Doping Rules", adopted by the sports federations "Russian Powerlifting

Union". To view this document, as well as a list of banned drugs you can the official website of the Federation: <http://russia-powerlifting.ru/doping-kontrol>.

If sportsman hasn't been mentioned in 10% list, but he want's getting a category he should pay for drug test 8500 RUR/147 USD.

11. Registration of categories.

To get an Elite, International Master or Master category in "Russian Powerlifting Union" federation special online form on official web site of federation needs to be sent: <http://russia-powerlifting.ru/zayavka-na-razryad-zvanie>.

It is also possible to arrange sports category Candidate for Master of Sports (inclusive) at the tournament, after the awards ceremony. To do this you should have a photo a size of 3 to 4 centimeters, and organizer of championship or a regional representative will give student's normative-book classification athlete Federation " Russian Powerlifting Union".

The title of Master of Sports, world-class athlete and elite Russian of division the test on the use of illicit funds appropriated under mandatory doping control and receipt from the laboratory of the negative response to the content of banned drugs. If sportsman hasn't been mentioned in 10% list, but he want's getting a category he should pay for drug test 8500 RUR/147 USD.

Classification standards by "Russian Powerlifting Union": <http://russia-powerlifting.ru/documenty/normativy>.

12. Registration of National, European and World Records.

By the results of this Cup National, European and World records of federations «Russian Powerlifting Union» and International Powerlifting League (IPL) will be fixed. To get the records certificate special online form on official website needs to be sent: <http://russia-powerlifting.ru/zayavka-na-sertifikat>.

13. Membership in the sports federation "Russian Powerlifting Union".

All competitors must be current members of the "Russian Powerlifting Union" sports federation at the moment a weighing procedure. The annual membership fee Federation "Russian Powerlifting Union" - 850 RUR/15 USD. Contribution valid for one year from the date of payment, and recorded in the database "Russian Powerlifting Union" federation athletes.

14. 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 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 №14 conditions and thus confirms this by signing a registration card in the presence of the Secretariat on registration and weighing procedure.

15. Backing.

The costs to organize a championship takes on the sports federation "Russian Powerlifting Union", using funds attracted sponsors and entry fees of participants. The costs of secondment, accommodation and meals of participants and their coaches take on the sending organizations or athletes.

16. Contact detail.

Sergei Dluzhnevsky – organizer, +7 (911) 545-55-30

Novikov Stepan – organizer, +7 (911) 514-77-74

Official website of the federation RPU: <http://russia-powerlifting.ru>

Official website GPA/ IPO: <http://www.globalpowerliftingalliance.com/>

Official page on Facebook: <https://www.facebook.com/russianpowerliftingunion/>

Contact email: dluzhnevskiy@russia-powerlifting.ru

17. Pay fee details.

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

This provision is an official call on the competition.