



XXVI SELL GAMES
Tartu Student Games 2010
May 21-23

REGULATIONS, POWERLIFTING

1. Time schedule. The powerlifting tournament will take place in Tartu (Ujula 4), University of Tartu Sports Hall on May 22, 2010. The competitions will start at 10 am. Weighting will be on May 22 from 8 am to 9.30 am. Technical meeting will take place on May 20 at 8 pm in the accreditation centre.

2. Program. There will be men's and women's tournament.

3. Rules. The competitions will be held according to international IPF rules in the following weight categories:

MEN: -75 kg, -82,5 kg, -90 kg, -100kg, -110 kg and +110 kg

WOMEN: one category/ Wilksformula bodyweight co-efficient

(<http://powerlifting-ipf.com/Technical-Rules.50.0.html>)

4. Insurance and medical service. The participants must have the appropriate insurance to cover travel and participation as it is not the responsibility of the OC. The OC will insure the first aid at the competition venues for all the accredited participants.