



6-th OPEN EUROPEAN WPA POWERLIFTING, BENCH PRESS, SINGLE DEADLIFT CHAMP (English & Poland version)



Full Power and Bench Press Only, Deadlift Only, RAW & EQUIPMENT, AMATEUR & PROFESSIONAL ENGLISH

Date	November 15-18, 2018
Location	Tbilisi city, GEEORGIA 6 Ilia Vekua Street, Handball academy named Dzhemal Tsertsvadze
Meet Director	Kotsaga Vadym, +38(050) 378-5740 powerfederations@gmail.com
Entry Fees	ENTRY FEE PER DIVISION, PER LIFTER IS: Powerlifting: Open, Submasters, MPF, Teen и Masters - \$60. Bench Press Only: Open, Submasters, MPF, Juniors, Teen и Masters - \$50 Deadlift Only: Open, Submasters, MPF, Juniors, Teen и Masters - \$50 Crossover - \$50 per second division or discipline; \$40 per third division or discipline; \$30 per fourth division or discipline. Athletes ages Child 8, Child 9, Child 10, Subteen 11-12, Masters 70-74, Masters 75-79, Masters 80+ exempt from entry fees. The participation of those athletes is permissible only if the active membership WPA. Lifters "Paralympics" – pay only 30 USD/discipline All the lifts, which are not members of the WPA must additionally pay a membership fee - \$ 45 Athletes who do not pay a deposit, may be admitted to the competition subject to payment of a fine of \$50.
Divisions	There are 2 divisions: Amateur is a drug-tested division, and a non-drug tested, Professional division. Drug testing is by urinalysis. <u>SUB-DIVISIONS:</u> <ul style="list-style-type: none">• Open Men• Open Women• Teen (<i>men & women</i>)• Submasters (<i>men & women</i>)• Paraolympics (<i>men & women</i>)• Subteen (<i>men & women</i>)• Master (<i>men & women</i>)• Junior(<i>men & women</i>)• MPF (<i>men & women</i>)
Weight Classes	Men: 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SHW (LBS) 44; 48; 52; 56; 60; 67,5; 75,0; 82,5; 90; 100; 110; 125; 140; 140 kilos + Women: 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, SHW (LBS) 44; 48; 52; 56; 60; 67,5; 75,0; 82,5; 90; 100; 100 kilos +

LIFTING BEGINS AT 10:00 A.M.

Lifting Schedule: The number of sessions (one session, or two session - morning and afternoon) will depend on the number of entries. The composition of the sessions will be determined after the entry deadline date of October 14, 2018. Each session's classes will perform the squat, bench, and deadlift. Award ceremonies will follow each session. Single session lifting will begin at 10:00 A.M. Two session lifting: the morning session will begin at 10:00 A.M; the afternoon session will begin at approximately 3 to 4 P.M., depending on the number of lifters in the morning session, injuries, equipment, etc.

Nominations &

With the nomination of participants will be available online at <http://wpau-meet.com/nomination-nomynatsyva/>

Meet Shedule

The schedule will be posted on the website at <http://wpau-meet.com/timetable-raspysanye/>

Pre-application form

Pre-application form must be filed <http://wpau-meet.com/online-forms/>
Preliminary applications will be accepted from August 1, 2018 to October 14, 2018
To participate in the meeting will be restricted to current members of the WPA, and WPA national representatives
 In the absence of a national representative in the country, provisional applications are submitted directly by filling out the online form <http://wpau-meet.com/online-forms/>

Weigh-ins

24 HOUR WEIGH-IN RULE IN EFFECT. ALL WEIGH-INS WILL TAKE PLACE AT

Wednesday, November 14	2 P.M. – 5 P.M. 14.00 – 17.00
Thursday, November 15	8 A.M. – NOON, and 2 P.M. – 5 P.M. 8.00-9.30; 10.00-13.00 and 14.00 – 17.00
Friday, November 16	8 A.M. – NOON, and 2 P.M. – 5 P.M. 8.00-9.30; 10.00-13.00 and 14.00 – 17.00
Saturday, November 17	8 A.M. – NOON, and 2 P.M. – 5 P.M. 8.00-9.30; 10.00-13.00 and 14.00 – 17.00
Sunday, November 18	8 A.M. – 9:30 A.M

Rules

World Powerlifting Association (WPA) rules apply. Equipment must meet WPA specifications. Non-supportive, one-piece lifting suit must be worn. *For rules and regulations, visit the WPA website at www.APA-WPA.com or www.WPA-UKRAINE.com*

REMEMBER, GET YOUR ENTRIES IN EARLY! THE DEADLINE IS 14 OCTOBER 2018

THERE ARE PROVISIONAL PAYMENT FEES FOR PARTICIPATION IN THE MEETING. FEE accept funds transfer by THE DIRECTOR OF THE MEETING: UKRAINE, LUTSK CITY, KOTSAGA VADYM.

Participation fees are forwarded through Western Union transfer in the name of:
KOTSAGA VADYM,
UKRAINE,
43024 LUTSK CITY,
25-A/36 SOBORNOSTI AVE.

After the transfer, please notify the Director of the meeting by e-mail together with the provisional application number and sum of transfer

Or SWIFT transfer in USD

BENEFICIARY:	KOTSAGA VADYM
ACCOUNT:	5168742013122480
BANK OF BENEFICIARY:	PRIVATBANK
	SWIFT CODE: PBANUA2X
INTERMEDIARY BANK:	JP MORGAN CHASE BANK
	SWIFT CODE: CHASUS33

CORRESPONDENT ACCOUNT:	0011000080
IBAN:	UA553052990005168742013122480

Deadline

ENTRY DEADLINE IS 14 OCTOBER, 2018.

Awards

All the athletes who will be summoned for the award must be in sports uniform (tracksuit, sports shoes, etc.). Otherwise (jeans, shoes, business suits, etc.), athletes will not be allowed on the podium ceremony.

Custom awards will be distributed to the top three places in each weight class and every division and sub-division (to include full age divisions) in the full power and bench or deadlift only meets.

Best Lifters: **Bench Press Only, Deadlift only:** Open divisions, Juniors, Teen 13-15, Teen 16-17, Teen 18-19, Masters 40-49, Masters 50-59, Masters 60-69, Masters 70-80+, Submasters 33-39 - each division separately for men and women), but subject to the availability of at least 10 athletes in the age category. In the Masters category of age will be considered an additional factor to the formulas of Schwartz and Malone

Powerlifting: Open divisions, Juniors, Teen 13-15, Teen 16-17, Teen 18-19, Masters 40-49, Masters 50-59, Masters 60-69, Masters 70-80+, Submasters 33-39, but subject to the availability of at least 10 athletes in the age category. In the Masters category of age will be considered an additional factor to the formulas of Schwartz and Malone

Absolute winners will be awarded: 1st place in the Absolute - a medal, a certificate, prizes; 2nd and third place – only medals and a certificate

Notes:

1. Athletes with the presence of physical disability (partial extension of the elbows, injuries, brushes, and other disabilities that prevent fully exercises) , are obliged to notify the judges during the weighing process by supplying information about a physician or other deficiency , and main panel of judges , and judges on the platform before the show . In the absence of medical help - athletes will be performing on the same basis , applying to them the general rules of the exercises
- 2 . If the athlete has expressed a desire to participate in the discipline of "Powerlifting" and additionally "bench" or "deadlift", he has the opportunity:
 - 2.1. automatic transfer of the result of the sum in additional disciplines of triathlon without entering the platform. The transfer of the results is subject to payment of an additional fee for the discipline in the amount specified in the " Contributions " of this Regulation.
 - 2.2. participate twice (three times), but subject to payment of an additional fee for the discipline in the amount specified in the " Contributions " of this Regulation.
 - 2.3. Regardless of the option selected , requests to participate must be submitted to all
- 3 . If the athlete performs in the scrip of Powerlifting, and all three approaches were unsuccessful in the squat, the athlete then not be able to continue to participate in competitions.



**PROFESSIONAL OR AMATEUR ...
NEED HELP CHOOSING YOUR DIVISION?**

Raw Pro Division: Anyone totaling a **Raw Professional (Pro)** total is entered into this division. Standard lifting rules apply, but the division is open to anyone who wants to enter as a Professional, no matter what he or she totals. There is no drug testing in this division. The *Raw Pro Division* has its own world records. *Pro Raw* records will be kept in the Men's and Women's Junior (20-23), Open, Submaster, and Master Divisions only. There is no Teenage subdivision in the *Raw Pro Division*.

Raw Amateur (Am) Division: This division is a strict drug-free division. Any lifter under suspicion of drug use will be tested by means of urinalysis (same standards as the WADA). If the test is negative, the meet director absorbs the cost of the drug test. If the test results are positive, the lifter is responsible for all expenses associated with the drug test, and all of the lifter's records and accomplishments to date will be disqualified. A lifter testing positive will be permanently banned from lifting in the *Raw Am Division*. If the lifter enters the *Raw Am Division* and accomplishes a *Raw Pro total*, the lifter will be classified as a *Raw Amateur* in the meet he/she totals *Pro*, but must compete in the *Raw Pro* division in any future WPA meets. The *Raw Amateur Division* has its own world records. *Raw Amateur* records will be kept in the Men's and Women's Teen (13-15, 16-17, 18-19), Junior (20-23), Open, Submaster, Master.

Raw Equipment: This division requires that lifters use no supportive equipment except wrist & knee wraps and a belt. A one-piece, non-supportive singlet must be worn.



6-TH OPEN EUROPEAN WPA POWERLIFTING, BENCH PRESS, SINGLE DEADLIFT CHAMP (English & Poland version)



TROJBOJ SILOWY, WYCISKANIE I MARTWY CIAG, RAW & EQUIPMENT, AMATEUR & PROFESSIONAL (POLSKA)

Data	Listopad 15-18, 2018
MIEJSCE	Tbilisi - Gruzja 6 Ilia Vekua Street, Handball academy named Dzhemal Tsertsvadze
Dyrektor	Kotsaga Vadym, +38(050) 378-5740 powerfederations@gmail.com
Wpisowe	<p>Trojboj silowy: OPEN, Submasters, MPF, Juniors 20-23 Teen 13-15, 16-17, 18-19 i Masters 40-69 - 60 \$ (250 Zlotych) Wyciskanie (Tylko): OPEN, Submasters, MPF, Juniors 20-23, Teen 13-15, 16-17, 18-19 i Masters 40-69 - 50 \$ (200 Zlotych) Martwy Ciag (Tylko): OPEN, Submasters, MPF, Juniors 20-23, Teen 13-15, 16-17, 18-19 i Masters 40-69 - 50 \$ (200 Zlotych)</p> <p>Zawoniki „Paralympics” – wpłaca tylko 30 \$ (120 zł) niezależnie od dyscypliny</p> <p>(Za każdy drugi dewision albo dyscyplinę 50 \$ (200 Zlotych); trzeci – 40\$ (150 zł); czwarty – 30\$ (120 zł)</p> <p>Zawodnicy w kat.wiekowych Child 8, Child 9, Child 10, Subteen 11-12, Masters 70-74, Masters 75-79 nie wpłacają wpisowych (w przypadku jeżeli była wykupiona licencja roczna. Zawodnicy w kat.wiekowej Masters 80+ startują bez żadnych opłat Sportowcy u których skończyła się licencja roczna musza wykupić ja na kolejnych zawodach. W przypadku gdy sportowiec nie będzie miał wykupionej licencji rocznej, sportowiec nie będzie dopuszczony do startu Sportowcy, którzy złożyli wniosek i nie wypłacone wcześniejszej płatności w czasie, ale trwało ważenie i zamierzają wziąć udział w zawodach, mogą być dopuszczone do udziału w zawodach na zapłatę opłaty za uczestnictwo i sztraf w wysokości 100% wpisowego. W przeciwnym razie zawodnik nie zostaną dopuszczone do zawodow</p>
Dewisiony	Są 2 dewisiony: pierwszy to AMATORZY (z doping kontrola), I drugi to PROFESJONALY (bez doping kontroli). Doping kontrola odbywa się przez analizę moczu.
	<u>SUB-DIVISIONS:</u>
	<ul style="list-style-type: none">• Open Men• Open Women• Teen (<i>men & women</i>)• Submasters (<i>men & women</i>)• Paraolympics (<i>men & women</i>)• Subteen (<i>men & women</i>)• Master (<i>men & women</i>)• Junior(<i>men & women</i>)• MPF (<i>men & women</i>)
Kategorie wagowe	Men: 44, 48, 52, 56, 60, 67.5, 75.0, 82.5, 90.0, 100.0, 110.0, 125.0, 140.0, 140.0+ Women: 44, 48, 52, 56, 60, 67.5, 75.0, 82.5, 90.0, 100.0, 100.0+

Nominacji

Termin nadsyłania zgłoszeń i płacić zaliczke (100%) – 14 Pazernika 2018

Nagrody:

Wszyscy zawodnicy, którzy zostaną wezwani do nagrody są zobowiązani do noszenia munduru sportowy (dres, obuwie sportowe, itd.). W przeciwnym razie (dżinsy, buty, garnitury, etc.), sportowcy nie będą akceptowane na ceremonii dekoracji.

Nagrody będą rozdane za pierwsze trzy miejsca w każdej kategorii wagowej i w każdym dewisionie i sub-dewisionie (razem z wszystkimi kat. wiekowymi) w martwym ciągu i w wyciskaniu.

Najlepsze sportowcy:

Trojboj siłowy: Open dewisions, Juniors, Teen (wszyscy razem), Masters (wszyscy razem) – każdy dewision podzielony na men and women, ale nagrody będą rozdane tylko w przypadku gdy w każdej katogorii wiekowej będzie więcej niż 10 osób. W kategorii Masters będzie tez liczyć się koeficjent wiekowy zgodnie z formuła Schwartz i Malone.

Wyciskanie (Tylko): Open dewisions, Juniors, Teen (wszyscy razem), Masters (wszyscy razem) – każdy dewision podzielony na men and women, ale nagrody będą rozdane tylko w przypadku gdy w każdej katogorii wiekowej będzie więcej niż 10 osób. W kategorii Masters będzie tez liczyć się koeficjent wiekowy zgodnie z formuła Schwartz i Malone.

Martwy ciąg (tylko): Open dewisions, Juniors, Teen (wszyscy razem), Masters (wszyscy razem) – każdy dewision podzielony na men and women, ale nagrody będą rozdane tylko w przypadku gdy w każdej katogorii wiekowej będzie więcej niż 10 osób. W kategorii Masters będzie tez liczyć się koeficjent wiekowy zgodnie z formuła Schwartz i Malone.

Za Absolutny zwycięzca dostaje medal, certyfikat i prezent, a drugie i trzecie miejsca certyfikat i medal.