

**POWERLIFTING ZVEZA SLOVENIJE -
ZVEZA TROBOJA MOČI**

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Powerlifting zveza Slovenije – zveza troboja moči invites everyone, who would like to compete in classic powerlifting or bench press to:

5. Open Slovenian National Championship in Classic Powerlifting and Bench Press

**5. ODPRTO
DRŽAVNO
PRVENSTVO V
POWERLIFTINGU**
(klasični powerlifting in potisk s prsi)

30. in 31. marec 2019
dvorana Cirkovce, občina Kidričevo

Saturday, 30th March, Sunday 31st March 2018
dvorana Cirkovce, Cirkovce 47, 2326 Cirkovce

All information included may change until the competition.

ORGANIZER : Powerlifting zveza Slovenije - zveza troboja moči

MEET DIRECTOR: Samo Železnik, samo.zeleznik5@gmail.com, 070-817-155

PRESIDENT OF PLZS: Urban Mur, info@powerlifting.si, 041-378-455

SCHEDULE:

COMPETITION	CLASS	ČAS	RAZGLASITEV
Bench press	Open, Guests	Saturday morning	After the bench press
Powerlifting	Females, Sub-Juniors, Masters, Guests	Saturday	After the last group of the day
	Juniors	Saturday	
Bench press	Females, Sub-Juniors, Juniors	Sunday Morning	After the bench press
Powerlifting	Open -59 kg, -66 kg, -74 kg, -83 kg	Sunday	After the last group of the day
	Open -93 kg, -105 kg, -120 kg, 120+ kg	Sunday	

Final schedule will be published at the end of applications, after the 12th of March and may change.

APPLICATIONS:

Applications are possible **until 9th of March** via an online form. Every foreign competitor is obliged to pay the participation fee as noted below and an additional fee of 10€, which is equivalent to the annual registration fee for domestic lifters. The participation fee should be paid before 12th of March, otherwise the application is invalid.

PARTICIPATION FEE:

Powerlifting OR bench press (payment before 1 th of March)	30€
Anti-doping fee	10€
Foreigner administration fee	10€
Payment after 4 th of March	+10€

The return of participation fee is only possible with the doctor's confirmation of inability to compete.

WEIGHT AND AGE CATEGORIES (POWERLIFTING):

Competitors can apply for all weight and age categories, stated in the IPF Technical rulebook. Weigh-in will start 2 hours before the first squat for each group. Changes in weight classes on the meet day are NOT possible. Last changes in the weight classes should be reported to the meet director before 16th of March.

ALLOWED EQUIPMENT:

All pieces of equipment that are in accordance with IPF Technical rulebook is allowed. Knee sleeves, belt and wrist wraps may be used. Knee wraps, velcro belts and padded belts are not permitted. **Every**

competitor is obliged to wear a non-supportive suit – singlet. Only knee sleeves that are part of [IPF approved list](#) may be used.

Approved knee sleeves:

- SBD
- ELEIKO 5mm, ELEIKO 7mm
- ROGUE 7mm,
- A7 CONE– Black, A7 CONE– Americana
- Unbroken designs
- Lift.net Stoic
- Rehband (glej seznam dovoljene opreme za točne podatke)
- Titan
- Inzer
- Iron Tanks
- Metal
- ONI, ONI XX
- Strengthshop Inferno
- Supertraining Sport, Slingshot 2.0, Strong, Extreme X

ANTI-DOPING:

A doping test will be carried out. Every competitor needs to sign an agreement about not using doping and will be obliged to cooperate if selected for the test. In the case of a positive test, the competitor must pay all its expenses.

FOREIGNERS:

Foreign competitors are welcome to join us at the championship, if their national federation allows them to do so. They will compete in a separate class called »Foreigners«. Medals will be awarded to the best 3 foreign male and best 3 foreign female competitors in powerlifting, according to their IPF points. The same applies for bench only competition.

MUSIC:

Every competitor can select his own music which will be played during his lifts. Desired music should be sent to info@powerlifitng.sj, at least 14 days prior to the meet (before 16th of March) in a form of mp3 files or links to the Youtube videos. Every competitor can choose one song for each discipline (squat, bench press, deadlift).

OFFICIAL T-SHIRT:

An official championship t-shirt will be for sale by the price of 10€. T-shirts can be pre-ordered at the application form or via the special online form for T-shirts. The amount of extra t-shirts at the meet will be limited. The design of the shirt will be published shortly.



SPECTATORS:

The admission for the spectators will be free of charge. Spectators are kindly invited to come and support the competitors.

VOLUNTEERS:

Should you not compete, you can still be a part of the competition as a volunteer. People for the preparation of the venue, for recording the results, for spotting and loading and the help at the day of the competition are needed. **Lunch and snacks will be provided!**

SPONSORS:

Every company or corporation, interested in becoming a sponsor of the competition can contact us on the email address info@powerlifting.si.