

2013 SELL XXIX Student Games Competition in PowerLifting

in Riga / Latvia 2013
from May 23rd to 26th 2013

Sanctioned by
Sports Union of Latvia's Institutions of Higher Education
and
Latvian Powerlifting Federation

These organizations invites the SELL member and other nations to participate in
the SELL XXIX Student Games Sports Competition in PowerLifting

Competition Regulations

Place, time and schedule

Competition place: Recreation Center "LIDO", amusement park, 76th Krasta street,
Riga city, Latvia

Competition dates: May 24th to 25th 2013

May 24th (Friday)

09:00-10:30 (AM) weigh-in

11.00 (AM) beginning of the competition for:

Female - weight categories: -57 kg; -63 kg; +63 kg

Male - weight categories: -66 kg; -74 kg

May 25th (Saturday)

09:00-10:30 (AM) weigh-in

11:00 Beginning of the competition for:

Male - weight categories: -83 kg, -93 kg, -105 kg; -120 kg; +120 kg

Rules

The competitions will be held according to international IPF Classical Powerlifting (RAW) rules in the following weight categories:

women: -57 kg; -63 kg; +63 kg

men: -66 kg; -74 kg; -83 kg, -93 kg, -105 kg; -120 kg; +120 kg

IPF rulebook: <http://www.powerlifting->

[ipf.com/fileadmin/data/Technical_Rules/2013_Technical_Rules_english.pdf](http://www.powerlifting-ipf.com/fileadmin/data/Technical_Rules/2013_Technical_Rules_english.pdf)

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[ipf.com/fileadmin/data/Technical_Rules/Classic_PL_Rules.pdf](http://www.powerlifting-ipf.com/fileadmin/data/Technical_Rules/Classic_PL_Rules.pdf)

There must be minimum 5 participants from 3 countries in each weight category. In a case of less number of lifters they must be withdrawn or they must lift in the next nearest category.

In one weight category not more than two athletes from one team.

Not more than 10 participants from one team.

Shuttle

No shuttle service. **Competitors must use local bus, tram or trolleybus.**

Flag and anthem

Each country must bring their country's flag.

Participation Fee

	Deadline		
	22. III	After 22. III	After 25. IV
Latvian universities and colleges	15 EUR	15 EUR	15 EUR
SELL countries universities and colleges	25 EUR	25 EUR	25 EUR
Non-SELL countries universities and colleges	30 EUR	30 EUR	30 EUR

Health, Travel Insurance and medical service

The participants must have a valid health insurance as it is not the responsibility of the organiser. The organiser will insure the first aid at the competition venues for all the accredited participants.

The organiser will not incur any expenses for a doctor or a stay in hospital. We recommend travel insurance for covering loss of luggage, theft, delayed planes etc.

Nominations

There will be 3-step nomination in SELL Games web page:

<http://www.sellgames2013.eu/index.php/registration>

	Step	Deadline
Step		
1	Declare university or college	1. III
2	Declare total number of participants	22. III
3	Declare each lifter	25. IV

Withdrawing of participants:

e-mail: janis.nicmanis@lspa.lv

deadline: May 20th

Opening ceremony:

Friday, May 24th 2013 at 18:30 (6:30 PM) in Daugava stadion, Augsiela street 1, Riga city, Latvia

Provisional Timetable 2013

SELL XXIX Student Games Sports Competition in PowerLifting

Day	Weigh-in time	Classes		Start	Number of lifters	End
Friday, May 24th 2013	09:00 - 10:30	Women	57,0 kg; 63,0 kg; +63,0 kg	11:00	2 groups	14:00
	12:30 - 14:00	Men	66,0 kg; 74,0 kg	14:30	2 groups	17:30
Saturday, May 25th 2013	09:00 - 10:30	Men	83,0; 93,0 kg	11:00	2 groups	14:00
	12:30 - 14:00	Men	105,0; 120 kg; 120+ kg	14:30	2 groups	18:00

Victory Ceremonies will be held at the end of each lifting session. Dress code for athletes at medal ceremonies is – National/ College Team Warm-up/Track Suit, T-shirt, athletic footwear. Failure to adhere to these requirements shall disqualify the lifter from receiving the medal(s), although their place in contest results will stand.

Contacts

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