

I CONFIRM  
President of WRPF Latvia:  
Karina Bagazhkova

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Riga, \_\_\_\_ of 2023. in August

## REGULATION

WRPF LATVIA Open Latvian Championship "Lāčplēša kaus" in power triathlon, power duel ("push&pull" discipline), barbell bench press and "strict biceps curl" discipline for men and women.

### 1. Goals and objectives:

- determining the strongest athletes, allocating Sport Classes up to and including Master of Sports,
- uniting Latvian athletes and forming team spirit,
- promoting strength sports among young people and other age groups,
- promoting strength sports among men and women,
- determining the strongest teams,
- creating a prestigious image of doing sports.

### 2. Venue and date:

- 1) Riga, Elijas iela 17a (FitSpot Gym), November 11-12, 2023
- 2) Athletes who want to apply and compete must fill out an electronic application and submit it by October 25, 2023. Applications can be filled out and submitted through the official website of WRPF Latvia:  
<http://wrpf-latvia.eu5.net/registration.html>
- 3) Weigh-ins and start times will be published taking into account the number of received applications for the Competition and will be available starting from 30.10.2023. The publication will be made on the official website of WRPF Latvia:  
<http://wrpf-latvia.eu5.net/galvena.html>

### 3. Competition program:

WRPF Latvia's power triathlon, power duel ("push&pull" discipline), barbell bench press and "strict biceps curl" discipline.

### 4. Regulations and judges:

- 1) The Competition is held according to the WRPF rules. You can find the rules on the the official website of WRPF:  
<http://wrpf-latvia.eu5.net/rules-lv.html>
- 2) Competition are held in the following disciplines:
  - power triathlon;
  - power duel ("push&pull");
  - in bench press;
  - "strict biceps curl".

- 3) WRPF athletes can compete in several disciplines: powerlifting, power duel ("push&pull"), barbell bench press, "strict biceps curl" by paying the participation fee for each discipline in which they want to

compete. At the athlete's wish, the results achieved in the power triathlon or power duel can be counted in for other disciplines (power duel and/or bench press) by paying the appropriate participation fee for each discipline.

4) The Competition is organized by "WRPF Latvija"

The main judge of the competition is Angelina Romanovich.

Competition's secretary is Alina Fisenkova.

Announcer and timekeeper is Ivars Sinjuks.

5. Contestants:

1) Athletes from all regions of the world who have reached the minimum age of 13 are allowed to participate in the Competition. Participants who have not reached the age of 18 are allowed to compete only accompanied by coaches, parents or legal representatives. The consent for the participation of an athlete who has not reached the age of 18 can be downloaded and filled out here: <http://wrpf-latvia.eu5.net/rules-lv.html>. A completed consent form is submitted during Competition's weigh-in of the athletes.

2) Athletes will compete in the following weight categories:

- Men

52.0 kg – weight category below 52.00 kg;

56.0 kg – from 52.01 to 56.00 kg;

60.0 kg – from 56.01 to 60.00 kg;

67.5 kg – from 60.01 to 67.50 kg;

75.0 kg – from 67.51 to 75.00 kg;

82.5 kg – from 75.01 to 82.50 kg;

90.0 kg – from 82.51 to 90.00 kg;

100.0 kg – from 90.01 to 100.00 kg;

110.0 kg – from 100.01 to 110.00 kg;

125.0 kg – from 110.01 to 125.00 kg;

140.0 kg – from 125.01 to 140.00 kg;

Husband 140.0 kg - from 140.01 kg and more without restrictions.

- Women

44.0 kg – weight category up to 44.00 kg;

48.0 kg - from 44.01 to 48.00 kg;

52.0 kg – from 48.01 to 52.00 kg;

56.0 kg – from 52.01 to 56.00 kg;

60.0 kg – from 56.01 to 60.00 kg;

67.5 kg – from 60.01 to 67.50 kg;

75.0 kg – from 67.51 to 75.00 kg;

82.5 kg – from 75.01 to 82.50 kg;

90.0 kg – from 82.51 to 90.00 kg;

Man 90.0 kg – from 90.01 kg and more without restrictions.

3) Athletes' equipment and clothing must meet the technical requirements of the WRPF ( <http://wrpf-latvia.eu5.net/rules-lv.html> ). Participants who do not meet the requirements for clothing and equipment will not be allowed to the Competition.

4) All officially registered participants, who applied for the Competition themselves, or whose representatives filled out the application for them, are allowed to take part in the Competition.

5) Athletes are allowed to participate wearing elastic leotards, special powerlifting leotards, shorts, push-up shirts and plain T-shirts. Hand and leg ties, flexible knee protectors and special belts may be used. The T-shirt must be the appropriate length tucked into the shorts. It is forbidden to perform a wearing

sleeveless T-shirt. Athletes are prohibited from using any powerlifting equipment.

6) During the weigh-in, the athletes present to the main judge of the Competition the armbands, leg ties, elastic knee protectors and belts, as well as leotards and shorts, to be used in the competition.

7) Athletes attend the opening and closing parade of the Competition in sports uniforms.

8) Allowed type of clothing for athletes at the award ceremony - sports suit or competition leotard, sports shirt, sports shoes. All elements of the athlete's clothing must be clean and tidy.

9) It is forbidden to use insulting texts, logos and emblems on athlete's' clothing.

## 6. Agreement on participation in the Competition

1) During the weighing and registration procedure, the athlete must sign the Application Card, which is equated to the Agreement of participation in the Competition that is signed between the athlete and the organizer.

2) By signing the Application Card, the athlete agrees to the rules mentioned in these regulations, as well as to the technical rules of WRPF competitions, which were approved before the Competition and published on the official website of WRPF.

3) All athletes participating in the Competition are aware of the risks of injury during the Competition. Legal entities (organizations) and natural persons who send athletes to the Competition take full responsibility for the health of competing athletes during the Competition. Competition's organizers do not bear any responsibility for the health of the athletes, as well as for the risks of injuries.

4) When participating in the Competition, athletes acknowledge that they will experience maximum physical and emotional stress, which may cause an injury. Athletes assume all risks associated with the above and bear all responsibility for any known or unknown injuries that they may sustain.

5) Athletes are aware that they are responsible for their health before participating in the Competition. In this way they confirm that they have been regularly monitored by a medical specialist, that they do not have a medical prohibition to participate in the Competition, therefore they are responsible for acquiring health insurance for the Competition.

6) When participating in the Competition, athletes deliberately waives any claims, in case of injury received from participating in the Competition, to the organizers of the Competition, to the owners of the venue, to officials, to all service personnel and other persons who were invited to participate in the organization of the Competition .

7) Athletes voluntarily pay the participation fee, which will be directed to cover the expenses of the Competition.

8) The expenses of the athlete's and their team accommodation are covered by the athlete's coaches or athletes themselves.

9) Athletes carefully read the mentioned regulation.

10) Athletes willingly agree to accept all the conditions mentioned in these regulations and confirm it with their signature on the day of the Competition during the registration.

11) It is forbidden for athletes to compete under the influence of intoxicating substances.

## 7. Rules for execution of competition exercises

1) The athlete goes to perform after the Announcer's verbal permission. The announcer is facing the place where the exercise will be performed. The Announcer must check the claimed weight, track the time of the exercise, record the results of the exercise and register the claimed weight in the counting system.

2) Athletes are given one minute to complete one attempt, in exceptional cases, with the permission of the judges, the time limit can be extended.

3) The next attempt's weight is requested by the athlete's coach or assistant, in a specially designated place and manner. The next attempt's weight is given to the Announcer.

4) WRPF rules for powerlifting exercises (including power duel and bench press) and "strict biceps curl" exercises can be found on the official website of WRPF Latvia : <http://wrpf-latvia.eu5.net/rules-lv.html>

5) All Competition's participants (athletes, coaches, guardians of athletes, organizers, guests, spectators, etc.) must comply with ethical and moral norms during the execution of all exercises and during the entire competition.

## 8. Evaluation procedure

- 1) The winner in powerlifting is the athlete who collected the largest sum of weights as a result of performing three exercises. The winner in the power duel ("push&pull") becomes the athlete who collected the largest sum of weights as a result of performing two exercises. The winner of the barbell bench press and "strict biceps curl" discipline is the athlete who collected the largest sum of weights as a result of performing one exercise. Athlete's best attempt's weight registered by the judges during the performance is included in the sum. The remaining athletes come in descending order based on the sum collected. Athletes with a null result in any of the exercises are disqualified from the Competition.
- 2) Athletes who took the first three places in their age and weight category are awarded with exclusive medals and diplomas.
- 3) The following age groups are defined:
  - younger youth from 13-16 years old;
  - older youth from 17-19 years old;
  - juniors from 20 years old - 23 years old;
  - open from 24-39 years;
  - masters 1: from 40-49 years of age
  - masters 2: from 50-59 years of age
  - masters 3: from 60-69 years of age
  - masters 4: from 70-79 years
  - masters 5: from 80 years old and parents.
- 4) Following age groups are allowed to register their performance in the "open" age group: the youngest youth, the oldest youth, juniors, masters 1, masters 2, masters 3, masters 4, masters 5.
- 5) The three best athletes in the absolute rating for youth, juniors, open and masters will be determined according to the Wilks formula and will be awarded with cups and special certificates of honor in all disciplines determined in the Competition. Men and women are awarded separately.
- 6) Cups will be awarded to the three best teams that achieved the best results in all performances of all exercises in the team competition.
- 7) The number of athletes per team is not limited, but their number must not be less than 5 (five) people. Each team must have a designated representative.
- 8) In order for the athlete to be assigned to a certain team, the team representative must submit their team's representative data, in addition to athletes' applications, by 25.10.2023. In the application, the name of the team, the name and surname of the team representative, the names, surnames and birth data of the athletes must be indicated.

## 9. Participation fee

- 1) The participation fee is the material confirmation of athlete's participation made by the athlete or their parent or guardian.
- 2) The participation fee for one discipline is EUR 30 (thirty euros and zero cents). The participation fee for each subsequent discipline is 20 EUR (twenty euros and zero cents).
- 3) Participation fee for athletes in the age group from 13 to 18 years, veterans in the age group from 60 years and older, athletes with special physical limitations (disabled persons of the first and second groups) is 15 EUR (fifteen euros and zero cents). The mentioned fee is applied upon submission of a relevant supporting document. In the event that the athletes mentioned in this paragraph apply for several disciplines, the participation fee remains the same.
- 4) If the athlete has a birthday on the day of the Competition, the participation fee for one discipline is not applied. Registration fee for additional disciplines is 20 EUR (twenty euros zero cents). The mentioned fee is applied upon submission of a relevant document.
- 5) Payment of the participation fee is made to the following details:  
"Latvijas Sieviešu Spēka Sporta Federation"  
LV47HABA0551034343088  
Purpose of payment: participation fee, name and surname of the participant.  
Payment can be also made on the day of the Competition in cash at the time of registration.
- 6) All expenses related to the athlete's or his team representative's trip, as well as the participation fee,

are covered by the organization (legal entity) or the athlete himself, or his parent, or his guardian.

10. Other conditions

1) The organizers of the Competition inform and undertake that all personal data that will be obtained in the process of organizing and conducting the Competition will be processed exclusively for the successful execution of the competition.

2) Photography and video recording will be done during the Competition.

Sincerely,

WRPF Latvia!

*Good luck!*

