

**APPROVED BY:**  
The President of UPC, GPA, GPA-D Europe  
**B.Vorobey**

The Vice-president of UPC  
O. Pogasiy



## **REGULATIONS**

### **On holding GPA-IPO & GPA-D European Open Cup 2017**

#### **In powerlifting, bench press and deadlift among men and women.**

##### **1. Goals:**

1. Identify the strongest athletes of the world according to GPA-IPO and GPA-D standards;
2. Enhance international relations between counties-participants;
3. Fixing of the World and European Records according to GPA-IPO and GPA-D;
4. Healthy lifestyle promotion.

##### **2. Terms and place of competition:**

Competition will be held from 10.11.2017 till 12.11.2017 in Kiev, Ukraine.

The schedule of weighing and performances would be made based on preliminary applications and available at <http://www.power-committee.com.ua> <https://vk.com/eurocup2017> <https://www.facebook.com/events/756557077783517/> after the receiving deadline of all the applications.

##### **3. Heads of competition:**

1. The presidents of World Federations GPA-IPO - GPA-D, GPA, GPA-D Europe
2. Organizing committee:
  - Chief judge of the competition: Michka I.
  - The Head of organizing committee: Pogasiy O., the Vice-president of UPC.
  - Secretary of the competition: Gamarnik I.

##### **4. Regulations. Refereeing. Doping control.**

1. Competitions are held according to international rules of GPA-IPO and GPA-D.
2. Athletes compete in following disciplines:
  - bench press without equipment (all weight and age categories);
  - bench press with equipment (all weight and age categories);
  - powerlifting without equipment (all weight and age categories);
  - powerlifting with equipment (all weight and age categories);
  - powerlifting without equipment and without knee wraps (all weight and age categories);
  - deadlift without equipment (all weight and age categories);
  - deadlift with equipment (all weight and age categories);
  - push & pull (all weight and age categories).

3. Only judges of GPA-IPO and GPA-D or judges of the international category according to UPC version are allowed to judge the competitions.

4. Athlets of GPA-D division have to be checked on doping control (number of samples depends on the number of participants).

#### 5. Competitors:

Only athlets from countries, that belong to International Federations of GPA-IPO- GPA-D are allowed to participate in competitions.

Within the team competition there is a restriction of 5 athlets in the same weight category from one country. Other participants can apply as individuals.

Applications from foreign athlets would be accepted through National federations of GPA-IPO- GPA-D or as individuals.

Ukrainian athlets are allowed to participate **only** with valid membership in UPC. Exceptions are possible only in case of personal invitation from the President of UPC followed by the Organizing Committee consideration of the application.

#### 6. Absolute category:

Defined among men and women (in all age categories), according to Wilks formula for GPA-IPO- GPA-D, in powerlifting, bench press and dead lift.

There is no absolute category if the number of participants is less than 10 in one age category.

#### 7. Applications:

Applications would be accepted from 01 of July 2017. Preliminary applications from teams and athlets are – **OBLIGATORY**. Applications would be accepted on e-mail: [upc@power-committee.com.ua](mailto:upc@power-committee.com.ua).

#### Entrance fee for GPA-IPO & GPA-D European Open Cup:

Powerlifting - 50€ (EURO) for a single performance in the **GPA-IPO**. 65€ (EURO) –**GPA-D** (50€+15€ for doping control)

Bench Press – 50€ (EURO) for a single performance in the **GPA-IPO**. 65€ (EURO) - **GPA-D** (50€+15€ for doping control)

Deadlift - 50\$€ (EURO) for a single performance in the **GPA-IPO**. 65€ (EURO) - **GPA-D** (50€+15€ for doping control)

Push & Pull - 50€ (EURO) for a single performance in the **GPA-IPO**. 65€ (EURO) - **GPA-D** (50€+15€ for doping control)

+35€ (EURO) for the second nomination, and for each additional nomination.

All participants of the championship from Ukraine make a prepayment of 50% from the entrance fee on account in PrivatBank **№ 5168 7555 1504 3277 Vorobey Bogdan (Воробей Богдан Юрьевич)** followed by their applications. For foreign athlets prepayment is 100% of the entrance fee also followed by their application. If the prepayment isn't made a fine at the rate of 50€ will be charged. The prepayment is not refundable. After the 10<sup>th</sup> of October 2017 all applications will be accepted only by the Organizing Committee of championship. The Organizing Committee has the right to refuse to accept application if it may violate the competition rules and regulations.

Applications are accepted only through national representatives.

#### 8. Rewarding:

Athlets who took the first three places in each weight category will be rewarded with medals and certificates. All participants will be rewarded with diplomas. Winners in the absolute category will be rewarded with Cups and diplomas. Absolute winners in the open age category may also be rewarded with additional valuable prizes (under the consideration of organizers).

#### 9. Financing:

All the costs of participants, coaches and referees on business trip, accommodation and food, bear sending organisations. Competition is held by the organizers of the championship with funds from sponsors and entrance fees.

**The present Regulation is an official call on competition!**