

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 World Championship 2018

in powerlifting, bench press, deadlift, and Push&Pull 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 Records according to GPA-IPO and GPA-D;
4. Healthy lifestyle promotion.

2. Terms and place of competition:

Competition will be held from 23.11.2018 till 24.11.2018 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/worldchampionshipgpa_ipo <https://www.facebook.com/events/524088644635291/> after the receiving deadline of all the applications.

3. Heads of competition:

1. The presidents of World Federations GPA-IPO - GPA-D.
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 the following disciplines:
 - 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);
 - bench press without equipment (all weight and age categories);
 - bench press with equipment (all weight and age categories);
 - deadlift without equipment (all weight and age categories);
 - deadlift with equipment (all weight and age categories);
 - push & pull with equipment (all weight and age categories);
 - push & pull without equipment (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 tested on doping usage (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, dead lift, and Push&Pull.

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 May 2018. Preliminary applications from teams and athlets are – **OBLIGATORY**. Applications would be accepted on e-mail: upc@power-committee.com.ua.

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

Powerlifting – 80\$ for a single performance in the **GPA-IPO**. 100\$ – **GPA-D** (80\$+20\$ for doping control)

Bench Press – 80\$ for a single performance in the **GPA-IPO**. 100\$ - **GPA-D** (80\$+20\$ for doping control)

Deadlift - 80\$ for a single performance in the **GPA-IPO**. 100\$ - **GPA-D** (80\$+20\$ for doping control)

Push & Pull - 80\$ for a single performance in the **GPA-IPO**. 100\$ - **GPA-D** (80\$+20\$ for doping control)

+30\$ for the second nomination, and for each additional nomination.

All the participants of the championship from Ukraine make a prepayment of 50% from the entrance followed by their applications (the number of an account will be available after the opening of an official nomination). For foreign athlets obligatory is 100% prepayment of the entrance fee also followed by their application. The payment must be sent through the money transfer **MoneyGram** or through the financial service **Western Union** (name of the **recipient: Bogdan Vorobey, Kiev, Ukraine**). The money transfer number must be sent to the recipient via e-mail as well. If the prepayment isn't made a fine at the rate of 150\$ will be charged. The prepayment is not refundable. After the 01st of November 2018 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!