



POWERLIFTING

REGULATIONS

I. TIME AND PLACE

17th May 2025.
Olympic training Center Vierumäki, Heinola.
Address Pihkalantie 3, 19120 Vierumäki.

II. PARTICIPANTS AND COMPETITION

All competing participants must meet the requirements of the General Regulations of SELL Student Games 2025.

Individual competitions.

There is no restriction to the number of participants.

The competitions held according to international IPF classical Powerlifting (RAW) rules.

Weight categories are:

Men: -66 kg, -74 kg, -83 kg, -93 kg, -105 kg, -120 kg +120 kg and Absolute category (IPF GL coefficient) **Women:** -52 kg -57 kg, -63 kg, -69 kg, -76 kg, -84 kg, +84 kg and Absolute category (IPF GL coefficient)

Women and men categories top three (3) best participant by IPF GL points awarded.

III. COMPETITION PROGRAM (PRELIMINARY)

Daily schedule published after registration deadline.

IV. MEDICAL SERVICE

The participants must have the appropriate insurance to cover travel and participation, as they are not the responsibility of the OC. The OC will insure the first aid at the competition venues for all accredited persons.

V. COMPETITION MANAGER

[Kevin Jiang](#)
kevin.jiang@vierumaki.fi
[+358408496366 \(WhatsApp\)](https://wa.me/358408496366)