

I CONFIRM
President of WRPF Latvia:
Karina Bagazhkova

Riga, 29 January 2025

REGULATION

WRPF LATVIA Open Latvian Championship "Baltic Cup" in Powerlifting, Push & Pull, Bench Press, Deadlift, and Strict Biceps Curl 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, Latvia, Udens street 16 (K&N Performance, CrossFit Riga), on April 5, 2025.
- 2) Athletes who want to apply and compete must fill out an electronic application and submit it by March 23, 2025. Applications can be filled out and submitted through the official website of WRPF Latvia:

<https://wrpf-latvia.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 31.03.2025. The publication will be made on the official website of WRPF Latvia:

<https://wrpf-latvia.net/galvena.html>

4) In case the athlete wants to fulfill the WRPF Latvia record, to the application form, the athlete sends a notification about the planned record to wrpf.latvia@inbox.lv.

3. Competition program:

WRPF Latvia Powerlifting, Push & Pull, Bench Press, Deadlift, and Strict Biceps Curl.

4. Regulations and judges:

1) The Competition is held according to the WRPF rules. You can find the rules on the official WRPF website:

<https://wrpf-latvia.net/galvena.html>

2) Competition is held in the following disciplines:

- Powerlifting,
- Push & Pull,
- Bench Press,
- Deadlift,
- Strict Biceps Curl.

3) WRPf athletes can compete in several disciplines – Powerlifting, Push & Pull, Bench Press, Deadlift, and Strict Biceps Curl, by paying the participation fee for each discipline in which they want to compete. At the athlete's request, the results of Powerlifting/Push&Pull discipline can be taken into consideration in other disciplines (Push & Pull, and/or Bench Press, and/or Deadlift), if an appropriate participation fee is paid for each discipline.

4) The Competition is organized by "WRPF Latvia".
The main judge of the competition is Karina Bagazhkova.
Competition's secretary is Darja Larina.
Announcer and timekeeper is Vitalijs Bagazhkovs.

5. Contestants:

1) Athletes from all world regions, at minimum age of 14, are allowed to participate in the Competition. Participants under the age of 18 are allowed to compete only accompanied by coaches, parents or legal representatives. The consent for the participation of an athlete under the age of 18 can be downloaded and filled out here: <https://wrpf-latvia.net/galvena.html> A completed consent form is submitted during the weigh-in procedure before the Competition.

2) Athletes will compete in the following weight categories:

- Men

52.0 kg – weight category under 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,
Above 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,
Above 90.0 kg – from 90.01 kg and more without restrictions.

3) Athletes' equipment and clothing must meet the technical requirements of the WRPf (<https://wrpf-latvia.net/galvena.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, push-up shirts and plain T-shirts. Wrist and knee wraps, flexible knee protectors (classic division - knee wraps, noequipment division - can be used knee sleeves) and special belts may be used. It is forbidden to

compete wearing a sleeveless T-shirt. Using any powerlifting equipment is strictly prohibited.

6) Athletes who, due to religious reasons, perform in closed sports clothing (legs covered up to the ankle joint, arms covered up to the wrist joint, head covering) are allowed to participate in the competition. Clothing should be flexible and tight.

7) During the weigh-in, the athletes present to the main judge of the Competition the arm and knee wraps, elastic knee protectors (sleeves) and belts, as well as leotards and shorts, to be used in the Competition.

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

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

10) The use of insulting inscriptions, logos and emblems on athletes' clothing is not acceptable and is strictly prohibited.

6. Agreement on participation in the Competition

1) During the weight-in and registration procedure, the athlete must sign an Application Card, which is equated to the Agreement of participation in the Competition 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 WRPf website.

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, the production of awards and awarding paraphernalia, as well as to cover other expenses related to the organization of the sports event.

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

9) Athletes must 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, Push & Pull, Bench Press, and Strict Biceps Curl exercises can be found on the official website of WRPf Latvia: <https://wrpf-latvia.net/galvena.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

The winner of the Powerlifting, Push & Pull discipline is an athlete who collected the largest sum of weights as a result of performing three and two exercises, as applicable. The winner of the Bench Press and Strict Biceps Curl disciplines 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:

- Youth 14–19 y.o.,
- Juniors from 20 y.o., - 23 y.o.,
- Open 24–39 y.o.,
- masters 1: 40–49 y.o.,
- masters 2: 50–59 y.o.,
- masters 3: 60–69 y.o.,
- masters 4: 70–79 y.o.,
- masters 5: from 80 y.o. and above.

4) Following age groups are allowed to register their performance in the Open age group: Youth, Juniors, Masters.

5) The three best athletes in the absolute rating for Youth, Juniors, Open and Masters in the Push & Pull, Bench Press and Deadlift disciplines will be determined according to the Wilks formula and will be awarded with cups. Men and women are awarded separately. The three best athletes in the absolute rating for Youth, Juniors, Open and Masters in the Strict Biceps Curl discipline will be determined according to the Glossbrenner formula and will be awarded with cups.

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.

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 is as follows: for the Powerlifting discipline 50 EUR (fifty euros and zero cents), for the Push & Pull discipline 40 EUR (forty euros and zero cents), and for all other disciplines 35 EUR (thirty five euros and zero cents).

3) Participation fee for athletes in the age group 14–18 y.o., veterans in the age group from 60 y.o. and above, athletes with special physical limitations (disabled persons of the first and second groups) is EUR 30 (thirty euros). The aforementioned 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. The fee for each subsequent discipline is as per paragraph 9.2 or 9.3 of the Regulations, as applicable. The aforementioned fee is applied upon submission of a relevant supporting document.

5)

Participation fee is to be paid via bank transfer:

Latvijas Sieviešu Spēka Sporta Federācija

LV47HABA0551034343088

Purpose of payment: participation fee, name and surname of the participant.

Or

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) Photoshoot and video recording will be done during the Competition.

Sincerely,

WRPF Latvia!

Good luck!

