**OFFICIAL INVITATION**

**The Lithuanian Powerlifting federation**

and

**Sports Center ,,Džiugas Gym”**

invite

**the IPF member nations to participate in the**

**CLASSIC POWERLIFTING TOURNAMENT TO WIN THE CUP OF THE CAPITAL OF SAMOGITIA**

**from 13th – 14th September 2025**

**in Telsiai, Lithuania**

I. Date and place of the competition:

1.1. The competition is held: 2025 September 13-14

1.1.1. The exact number of competition days will be announced after the final nominations.

1.2. Venue of the competition: Telšiai sport and recreation center, Kęstučio st. 20A, Telšiai.

II. Weight categories:

2.1. Sub-juniors age group:

Women -52 kg, -57 kg, -63 kg, +63 kg.

Men -53 kg, -59 kg, -66 kg, -74 kg, -83 kg, -93 kg, -105 kg, +105 kg

Weight cat. +105 kg winners are determined by IPF points.

The winners of the -52 kg and +63 kg weight categories are determined by IPF points.

2.2. Juniors age group:

Women -52 kg, -57 kg, -63 kg, -69 kg, -76 kg. +76 kg.

Men -53 kg, -59 kg, -66 kg, -74 kg, -83 kg, -93 kg, -105 kg, 120 kg, +120 kg.

The winners of the -52kg and +76kg weight categories are determined based on IPF points.

2.3. Open age group:

Women -52 kg, -57 kg, -63 kg, -69 kg, -76 kg, +76 kg.

Men -59 kg, -66 kg, -74 kg, -83 kg, -93 kg, -105 kg, 120 kg, +120 kg.

The winners of the -52 kg and +76 kg weight categories are determined by IPF points.

2.4. Masters Age Group:

2.4.1. First Masters Age Group:

Women -63 kg, +63 kg

Weight category winners are determined based on IPF points.

Men: -74 kg, -83 kg, -93 kg, -105 kg, -120 kg, +120 kg

Weight cat. 74kg winners are determined by IPF points;

2.4.2. Second age group of Masters:

Women compete in an absolute group.

Men: -74 kg, -83 kg, -93 kg, -105 kg, +105 kg.

Weight cat. 74kg and +105kg winners are determined by IPF points;

2.4.3. Third age group of Masters:

Women compete in an absolute group.

Men compete in an absolute group.

2.4.4. The fourth age group of Masters:

Women compete in an absolute group.

Men compete in an absolute group.

III. Organization:

3.1. The competition is organized by the sports center "Džiugas Gym" together with the Lithuanian Powerlifting Federation.

3.2. The competition is organized according to the rules of the International Powerlifting Federation (IPF) and 2025 LJTF competition regulations.

3.3. Competitors are only allowed to wear clothing that complies with the IPF Classic Powerlifting rules.

3.4. During the competition, it is forbidden to use specialized equipment except for wrist bands, knee sleeves and a belt that complies with the IPF classic powerlifting rules.

3.5. During the competition, the athlete presents a certificate of health status.

IV. Registration:

4.1. Send registration forms by e-mail. e-mail gabijadargyte@gmail.com or call +370 6 563 1550.

4.2. Registration for the competition closes 14 days before the scheduled date of the competition, the last day of registration is August 30, after which there will be no possibility to register.

4.3. Athletes can change their weight category at least 7 calendar days before competition days.

4.4. An athlete is included in competition nominations after paying all competition fees and has a valid athlete's license. A copy of the payment is sent to the person performing the registration.

4.5. Competition participant entry fee: Open and masters – 40 EUR, anti-doping fee – 2 EUR; For Juniors and Sub -Juniors - 30 EUR, anti-doping fee - 2 EUR.

4.6. More information on acquiring an athlete's license - Athlete's License – Lithuanian Powerlifting Federation (ljtf.lt)

V. Rewards.

5.1. Individual and team competitions.

5.2. The winners of the weight categories are awarded with medals.

5.3. The three best female athletes and the three best male athletes in each age group will be awarded cups and sponsors' prizes.

5.4. The three strongest men's teams in the sub - junior, junior and open age groups will be awarded with cups established by sponsors. When adding up the team results, the five best results in the competition are counted.

5.4. The three strongest women's teams in the sub-junior, junior and open age groups will be awarded with cups established by sponsors. When adding up the team results, the five best results in the competition are counted.

5.5. The three strongest men's teams and the three strongest women's teams in the master’s age group will be awarded trophies established by sponsors. Team results in the masters age group are combined with the points of all masters age group athletes, including the top five results.

VI. Accommodation:

5.6 For accommodation, contact Stasys Mankevičius, phone no. - +37061376673