



## TERMS AND CONDITIONS

# The First "Women's Only Meet" will take place on 27/5/22 at Fitness Land Gym

**EVENTS:** Powerlifting (Squat-Benchpress-Deadlift)  
Bench Only  
Deadlift Only

Each event will feature the following categories:

- **Raw** (Knee sleeves and wrist wraps are allowed)
- **Soft Equipped** (Knee wraps and wrist wraps are allowed)
- **Fully Equipped** (Squat suit, bench shirt, knee wraps and knee sleeves are allowed)

The competition will be in accordance with the INPF federation rulebook.

**The competition hall will be open for women only.**

Female coaches and guests will be allowed to enter, male coaches and guests will be asked to stay in the warm up area.

**This competition will be run by women, for women.**

### 1. Aims and Goals

- Popularization of strength sports amongst the general population and female athletes in particular.
- Exposing novice female athletes and amateurs to strength sports.
- Giving women who cannot compete in the presence of men an opportunity to participate in a sports competition.

### 2. Date and Location of Championship

- The competition will take place on the 27<sup>th</sup> May 2022 at Fitness Land Gym, 32 תרמ"ב, Rishon Letziyon street, Rishon Letziyon
- The competition schedule will be publicized close to the event.
- Weigh ins will take place at Fitness Land Gym **on the day before the competition** only. Exact times to be announced.

ענפי ספורט כוח (ע"ר)  
יו"ר אולג אינון יוקוב  
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### **3. Competition Organizer**

The "Women Who Lift – Israel הנשות הברזל" Community in conjunction with the president of INPF Israel, Oleg Ivanyukov, together with Fitness Land gym.

### **4. Judging**

The judging will be executed by certified INPF female judges

### **5. Participants**

- The competition is open to all female athletes with a background in strength training, who are familiar with the federation regulations and have a suitable with INPF rules competition singlet.
- Competitors must complete the registration process which includes a 100 nis advance payment
- Competitors must be present for the weigh in on the day prior to the competition, at the hours to be announced

### **6. Weight and Age Categories**

The weight and age categories are in accordance with INPF regulations.

- Teens Category – ages 14-19
- Juniors Category – ages 20-23
- Open Category – ages 24-39
- Masters Category – from age 40 and every 5 years (40-44, 44-49, 50-54 etc)

### **7. Absolute Champion**

Will be determined by the GLOSSBRENNER formula in categories with at least 5 competitors:

- Teens and Juniors Category
- Open Category
- Masters Category

### **8. Registration**

- **Registration is open until 26/04/22**
- Link to registration form: <https://forms.gler/cuL4rt6gPPUMrly47>
- advance payment of 100 nis via Bit to 054-5206841 or bank transfer
- **Registration will be valid upon advance payment**
- **NO registration will be accepted after 26/04/22**

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## 9. Participation Fee

Payment must be completed during weigh ins **in cash only**

- Insurance and an annual federation membership (onetime fee of 50 nis)
- Bench only – 200 nis
- Deadlift only – 200 nis
- Powerlifting (Squat, BenchPress, Deadlift) – 300 nis
- Participation in additional events and age categories (for participants aged up to 25 or over 40) will require an additional fee of 100 nis.

## 10. Awards

- A certificate of participation will be awarded to each competitor.
- Medals will be awarded to athletes who will win the first three places in each age and weight category.
- **Absolute champions will be awarded with trophies and prizes from the sponsors. The main sponsor, "Sal Sport", will be awarding cash prizes.**

### Competition Sponsors:

Sal Sport, representing "Eleiko" in Israel

FRÉ Skincare

Allin protein



Any questions and updates can be forwarded to the "Women Who Lift" representatives:

Michal 052-509-4488, Efrat 054-545-9440

For publicity and sponsorship queries,

please contact Sara 054-539-7258

Updates will be posted at [www.fitnessland.co.il](http://www.fitnessland.co.il) and will be sent to registered participants via mail and/or Whatsapp

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